

Field Guide

Bridges To Healing: Ukraine

2025 - UPDATE



A self-guided curriculum for soldiers
journeying across the rivers of war-related trauma
to a place of strength and stability

Chris & Rahnella Adsit

REBOOT RECOVERY
OVERCOMING TRAUMA **TOGETHER**

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«Посібник для учасника»

МОСТИ ДО ЗЦІЛЕННЯ: УКРАЇНА

Оновлення 2025 року



Програма самостійного навчання для солдат,
які перетинають ріки бойової травми
на шляху до місця сили та стабільності

Кріс і Ранелла Адсіт

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A self-guided curriculum for soldiers journeying across the rivers of war-related trauma to a place of strength and stability

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REBOOT RECOVERY
OVERCOMING TRAUMA **TOGETHER**

A LITTLE ABOUT REBOOT RECOVERY...

REBOOT Recovery is a US-based ministry to those who have experienced the devastating effects of trauma. When REBOOT began in 2011, we focused on combat trauma. Within a few years, we branched out to address first-responder trauma (fire, law enforcement, emergency medicine, etc.). Now we have expanded to include *all* types of trauma, regardless of its origin (*"Trauma Reboot"*). We have combined the best practices of the medical and mental health communities with timeless principles from the Bible to help people construct a personal environment that gives God optimal access to their body, soul, and spirit for the purpose of healing.

"Trauma was your personal intersection with the brokenness of the world. But recovery is your personal intersection with the loving and powerful heart of God." – Dr. Jenny Owens, co-founder of REBOOT Recovery

REBOOT first came to Ukraine to train military chaplains in Biblically-based war-trauma healing in 2015 at Kyiv Theological Seminary. In 2019, 2022, and twice in 2023 we conducted a REBOOT Leader Training Conferences in multiple places around the country. Now there are REBOOT leaders and REBOOT groups in many places around Ukraine. For more information, check out our headquarters website: rebootrecovery.com. To connect with Reboot Ukraine, you can go to facebook.com/rebootnua.

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DISCLAIMER: This book is not a substitute for appropriate medical or psychological care for those experiencing significant emotional pain or whose ability to function at home, school, or work is impaired. Chronic or extreme stress may cause a wide assortment of physical and psychological problems. Some may require evaluation and treatment by medical or mental health professionals. When in doubt, seek advice from a professional.

Translations used in *Bridges to Healing: Ukraine* –

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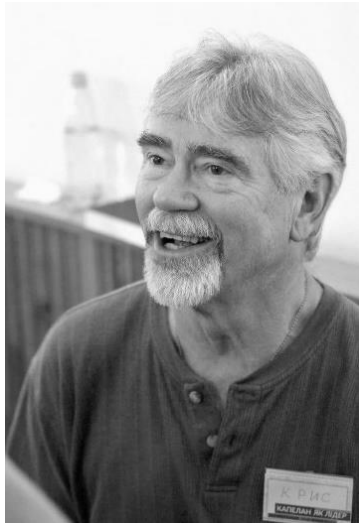
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***Bridges to Healing: Ukraine* was produced and distributed by REBOOT Recovery and Cru Military**



Authors of *Bridges to Healing: Ukraine*



Chris Adsit

National Resource Coordinator for REBOOT Recovery; national & international speaker, author/co-author of many books, manuals, and training curricula on trauma: *The Combat Trauma Healing Manual*, *When War Comes Home*, *The First Responder Healing Manual*, *REBOOT First Responder* curriculum, *Bridges to Healing: Ukraine*, *Bridges to Healing: Africa*, *Bridges to Healing: Armenia*, and others. Chris has been in full-time Christian work since 1974. Married to Rahnella for 46 years at this writing, living in Eugene, Oregon. He and Rahnella have trained over 400 Ukrainian chaplains, pastors, military service members, psychologists, and counselors in the REBOOT approach to trauma healing since 2015.



Rahnella Adsit

Ukraine Coordinator for REBOOT Recovery; national & international speaker, author/co-author, including *When War Comes Home* and *The Combat Trauma Healing Manual* (both translated into Ukrainian & Russian), *First Responder Healing Manual* and *REBOOT First Responder*. For many years she had a private pastoral counseling practice for those who have been traumatized. She's a grandmother of four and mother of four, including a US Army combat veteran, a firefighter, the wife of a Marine combat veteran, and the widow of a husband who died suddenly. Rahnella is a cancer survivor, near-fatal brain

hemorrhage survivor, twin birth survivor (!), and watched her home burn to the ground. Our family has known its share of trauma!

Our Translator: Olga Mogilevska



A true hero of Ukraine! Olga was born and raised in Ukraine. She is not married and has no children, otherwise she would have taken them to a safe place outside the country. Instead, she decided to stay in Kyiv to pray and work for Ukraine and the defenders. During the Battle for Kyiv from February 24 2022 on, we asked her to translate this book. When she was finished with that, we asked her to translate its companion book for the women of Ukraine: *"Women, War, + Trauma."* During both periods of work, she was undeterred by the bombs

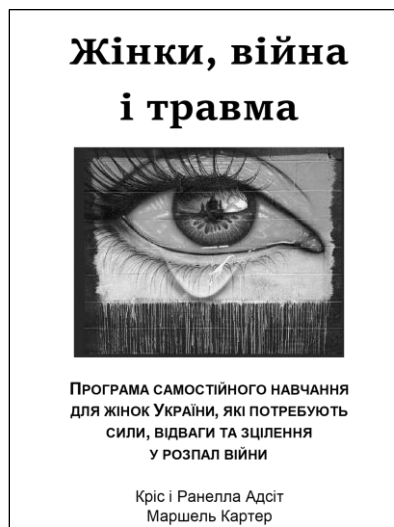
and missiles that the Russians were sending all around her and continued to work. Thank you, Olga, for your courage, your perseverance, and your commitment to Ukraine, its defenders, and its women!



Cover Photo: Nelli Spirina

She shoots reportage, street, cityscapes, and nature. She participates in numerous Ukrainian and international exhibitions and competitions and has received many awards for them.

Since 2022, she has been photographing the consequences of the war. After the de-occupation of the Kyiv region, she documented the crimes of Russians in the suburbs of Kyiv: in Irpen, Bucha, Gostomel, Moshchun, Borodyanka. Now she tries to conduct photo reports on all important events taking place in Ukraine.



Companion Book for Women

The women of Ukraine have experienced extensive trauma because of the current war too. It's different from what soldiers and support personnel in war zones have experienced, but it can be just as devastating. As they say goodbye to their husbands who go to the front to fight, they must try to hold their families together as they flee to safety – perhaps even to a foreign country, perhaps experiencing danger, assault, and death themselves. Partnering with Marshéle Carter – married to a US Navy SEAL for 25 years – the Adsits have constructed a survival manual for Ukrainian women that will help them understand many issues such as: true and false guilt, facing fear with faith, the sacrifice of separation, how trauma has affected you, grieving your losses, parenting in times of war, constructing a healing environment, rebuilding your traumatized identity, and more.

Preface: The Devastation and Hope of War Trauma

My dear Ukrainian friends...

You have been through a lot: you, your family, your friends. Life is upside down and being torn apart. Things don't look good, and you may question if they will get better again. Sometimes, it's hard to believe that things will improve in the refugee camp or on the frontlines.

From Kosovo and Bosnia to Iraq and Afghanistan, I have seen firsthand the ravages of war. Combatants and non-combatants alike bear the wounds of battle. We all know that soldiers fighting for their cause and their families pay a high price. However, it seems that civilians, the families left behind or fleeing for their lives, pay the highest and often hidden costs of conflict.

During war, trauma can creep in, and your soul can be wounded in countless ways. Even if you never fired a round, treated a wounded countryman, or saw a dead body, war has changed you. Preparing for war may have left you suspicious, cynical, hypervigilant, and anxious. When the fighting finally commenced, you may have been displaced, forced from your home. You may have had to leave everything behind, questioning what will be left when you return – if you will ever be able to go return.

As a fighter on the front, thoughts of concern for your family have caused you to have a few more wrinkles on your face. As a first responder putting out structure fires from rockets and artillery or digging out bodies from the rubble, you now have grey hair that wasn't there before. As a civilian fleeing for your life, taking refuge in a foreign country or helping those around you in need, you now have both, more grey and more wrinkles. Your spirits may be high, but your soul has wrinkles it didn't have before.

In 2002, I watched families trickle back into Kosovo. Families from both sides and some caught in the middle began to reinhabit the rubble of war-torn towns and villages. I saw smiling children kicking around tattered and makeshift soccer balls amongst the debris. Many folks wore tired and weary expressions, but their eyes glimmered with hope. The hope of starting over. The hope of building their lives back.

Even after years of conflict and fighting in Iraq and Afghanistan, I listened to fathers and mothers tell me of the hope they had for their sons and daughters. From the Balkans to the Middle East and southwestern Asia, hope was and still is alive. Many families realized they could not change their external situation; fighting raged all around them. However, they chose to foster peace in their hearts and minds, and in their homes. They sought healing. The strong and brave sought to stamp out hate in their hearts. Harboring hatred can keep wounding you long after the battles are over.

Reboot Recovery is a vehicle driving towards healing and fueled by hope – which is why we have produced this “manual” for you. Reboot addresses the emotional, physical, and spiritual changes that have occurred in you and those you care the most about. Your situation necessitated that you respond. Those were normal responses to abnormal events. Reboot teaches and equips you to process these things through a lens of faith. We believe that Jesus Christ is the force that gives faith its power. We believe that He is the great Healer. He is always on duty. He is always alongside those in need, those fleeing, and those fighting.

Throughout this manual, you will be challenged, and you will be equipped. It will shed light on the spiritual roots of the physical and emotional things you are experiencing – both the good and the bad. You will be encouraged to process and share your story with close friends. Reboot will give you new tools and coping strategies. Above all, Reboot will facilitate a more profound and stronger relationship with the One who made you and is responsible for healing you.

Through Christ, you can not only heal from your war-related trauma, but you can grow even stronger and more resilient. Don't be surprised when God asks you to share your healing journey with others so He can do through you what He has done to you.

Your servant in Christ,

Joseph Washburn

Former Sergeant First Class, U.S. Army Green Beret
Deployed in Kosovo, Bosnia, Iraq, and Afghanistan

Introduction: There is a way . . .

Most nights, Alex has horrible nightmares. They jerk him from his sleep and he looks around wildly, trying to see who is about to attack him. He grabs the knife he keeps handy and points into the darkness, ready to slash. His wife Karina runs from their bed as fast as she can, in case he mistakes her for an enemy. Alex's heart is beating like a drum, his breath coming in rapid gasps, his eyes frantically searching the darkness for the Russian soldiers who have come to kill him . . .

But after several minutes, Alex comes to his senses and realizes he is alone. There are no enemy soldiers, no threats, just a great sadness replacing the panic that was in his heart moments earlier.

He slumps down on his bed and can't keep from weeping. His wife hesitantly re-enters the room and then sits beside him and puts a comforting arm on his shoulder. Alex thinks about how life was before the invasion . . .

"We are lost," he cries. "We are so far away from the peaceful home and town we used to live in. I can't work. I can't sleep. I'm always afraid someone is coming to kill us. I'm a terrible husband to you Karina, a useless father to my children. And I can't seem to do anything about it!" With that, he kicks the chair next to the bed, sending it flying across the room.

He looks at his wife through his angry tears. "I'm sorry, Karina. I just want to go back. I want to go *back* to how things were before the fighting began, before our parents were killed and I was wounded, before God forgot about us. But I don't know how to get back there. There are so many rivers in the way that are too wide to cross. I need to find my way back . . ."

Karina wept with Alex, because she felt the same sadness, the same hopelessness, and she had no idea what she could say to her husband to take away his pain.

Alex and Karina – like millions of others across Ukraine and now scattered to other European countries as well – are experiencing the devastating trauma of war. You are probably reading this because you have experienced it too. With the way things are across Eastern Europe today, it's unlikely you will ever be able to go back to the way things were before war disrupted your life. But don't despair – you *can* make a journey to a *new* place of healing, strength, stability and peace. **There is a way.**

The traumas you have experienced may have robbed you of your peace, your joy, your ability to love, your hope, and many other things – at least for the moment. But despite your circumstances, you *can* find these things again! Like Alex in the story above, you may think God has abandoned you. He has not! We know it must seem like it sometimes, but as you will read in this writing, God has been walking with you through all of the fires you have encountered. He's with you now, and He wants to help you make that journey to the place of healing.

We see eight rivers that could be keeping you from where you want to go. In this book, we will lead you to **Eight Bridges** that will help you cross those rivers and complete your journey. It won't be easy. It will require you to make decisions, to take action, and to trust God to bring you home. You will be asked to touch places in your heart, soul, and mind that may cause you anxiety at first, but will lead to strengthening and healing. There will be refreshing springs of encouragement along the way, moments of bright understanding, and triumphant crossings of streams that have denied your progress for a while. It will also be hard work sometimes – but it will be worth it!

Our brothers and sisters, we grieve with you over all you have lost – physically, emotionally and spiritually. But take courage. Many people are praying for you as you read this. And the Spirit of God is also sitting beside you right now, eager to walk with you to your place of healing.

With Christ's love,

Chris & Rahnella Adsit

January, 2025

Participation Rules

1. Confidentiality

Anything said in our group stays in our group. Trust takes time to build but only moments to destroy. DO NOT talk to non-group members about who else is in the group or anything that is said.

2. Zero rank

Out there, you might be a big deal or a nobody. In this group, we are all equals, working toward a common goal, helping each other out.

3. Faith

While we don't hide that we are a Christ-centered organization, we are not affiliated with any specific church or denomination. People of any faith or no faith are welcome here. We will respect each other's faith convictions.

4. No comparisons

Each person experiences stress and trauma differently. What is traumatic for one person is just another day on the job for someone else. We are all wired differently and have unique life experiences. Comparing trauma experiences to decide if mine was better or worse than yours is unproductive and even harmful. Focus on what God is doing in your life.

5. Share your mind

Have the courage to share what's on your mind or what you're feeling – it's part of your healing process. The more you share, the safer you and everyone else will feel here, and the sooner you will experience healing.

6. Share the air

But moderate your sharing. Make an effort not to dominate discussion times; let others in. Avoid long, detailed descriptions of your experiences. Get in, make your point, get out.

7. Listen

Actively, deeply, honoring and affirming all contributions.

8. Don't criticize

Show grace and mercy to other group members – just as God has shown you.

9. Don't interrupt

You may have a valuable pearl of wisdom to share, but wait your turn.

10. Honor

Look for opportunities to honor and affirm each other during and between meetings.

Bridge 1:

UNDERSTANDING

. . . what happened

Crossing the River of Confusion, Pain and Doubt

Why am I like this?

Oleg had always been strong and confident. As a boy and as a young man he had always been a standout in every sport he tried. He did well in school, was well-liked by the other students and the teachers, and he had plans to become a teacher himself.

When he was old enough he joined the Ukraine Army. He took to his training enthusiastically, advanced quickly, and was given a position as a platoon leader. He was eager to fight the men who were destroying the peace of his country. He knew his cause was right, and had faith that God would protect him.

There was no warning when the Russian soldiers hit. They seemed to come from everywhere. Oleg shouted orders to his men in an attempt to set up a defensive perimeter, but there were just too many. He watched in horror as many of his men were killed by AK-47s, grenades, RPGs. He fired his weapon until he ran out of ammunition, but then there was nothing to do but run. Live to fight another day. He was chased, was hit by a bullet in his shoulder, knocked down by the impact, and caught.

They tortured him the rest of that day, trying to find out more information about his unit's movements. That night, when the man who was supposed to be guarding him fell asleep, he escaped, and made his way back to safety.

That was more than three years ago. Oleg had been courageous and resourceful. He had fought hard and done his best. He survived. And yet, why does he feel so guilty? Why does he see his men being killed by enemy fire every time he closes his eyes? Why does he still have nightmares and flashbacks? Why is he always angry and afraid that once again Russian soldiers will find him, chase him, shoot him, and torture him? He doesn't want to spend time with his old friends, he has stopped going to church – all he wants to do is to stay home and listen to his music or play video games. But any loud noise outside sends him flying to the floor, clawing to get under his bed. Depression, stress and loneliness are his constant companions.

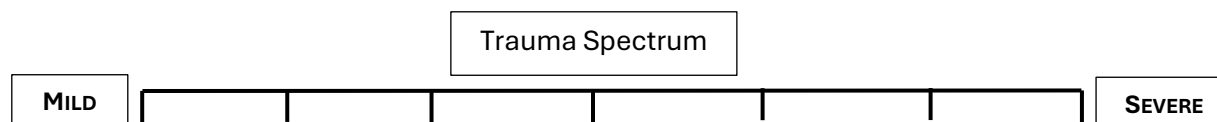
Oleg is suffering from a condition known as **War-related Trauma**.

“War-related Trauma” describes a progression of symptoms seen in those who have been exposed to a traumatic war-related event (or series of events) which involves actual or threatened death or serious injury and causes an emotional reaction involving intense fear, panic, helplessness, or horror.

The following illustration presents the **spectrum of War-related Trauma**, with mild conditions on the left, moving to severe conditions on the right.



- Where do you fit in this spectrum?



Transitional Stress – (Mild End) Difficulties getting back into a “normal” environment after trauma. Symptoms: tension; frustration with spouse, children, military, new circumstances; distracted; difficulty focusing on tasks at hand. Symptoms are mild and go away in a few hours or days.

Combat/Operational Stress Reactions – Symptoms: agitated, irritable, jumpy, poor focus, anxiety due to traumatic experiences. Symptoms go away in a few weeks.

Adjustment Disorders – Symptoms: depression, tearfulness, hopelessness, anger, fighting. Symptoms gone within six months.

Acute Stress Disorder – Symptoms: distress, fear, flashbacks, nightmares, self-isolating, insomnia; Symptoms may last up to four weeks. If they persist past that, the diagnosis is changed to...

Posttraumatic Stress Injury (PTSI) – (Severe End) Symptoms: Paralyzing fear, panic attacks, helplessness, horror, hallucinations, amnesia, violent thoughts and actions, suicidal thoughts, hypervigilance, drug/alcohol abuse. Symptoms may last at least four weeks to many years if not treated.

[NOTE: The formal term used by the majority of psychologists and psychiatrists for the most severe level of trauma reactions is **Posttraumatic Stress Disorder (PTSD)**. However, a growing number of professionals prefer the **PTSI** term we are using. When applying the term “Disorder” to an individual, it implies that he or she merely has a psychological problem – “It’s all in your head.” Yet it has been known for many years that this condition is more than that. It is true that there are psychological components, but the root cause is actually a biological trauma that affects the nervous system, and therefore affects a person’s mindset, behavior and reactions. There are also spiritual components that we will be discussing in this writing. Referring to someone as “disordered” can stigmatize them, have a strong negative effect on their self-image, cause others (and themselves) to think they are “broken” beyond repair, and make them reluctant to take the initiative to heal. But an “injury” can heal – and even this most severe condition can be healed. For these reasons, we will use the term **Posttraumatic Stress Injury** throughout this writing.]

Each person responds differently to the traumas of war due to a variety of reasons. Oleg had a particularly severe reaction, while others who went through the exact same event might end up more to the “mild” end of the spectrum. Still others might be even more severely affected than Oleg.

Trauma sufferers toward the upper level of the spectrum will usually show fewer symptoms, and they typically will improve without significant treatment. Sufferers at the lower end of the spectrum exhibit very strong symptoms which will persist for at least a month, maybe years, and – if untreated – a lifetime. These symptoms may not begin to surface for months or even years after the traumatic event(s).

PTSI is a condition that has been observed in war-fighters and victims of war and described by doctors for centuries, but has only been defined and recognized in medical books since 1980. This shows that it is not unique to modern wars, but common to *all* wars.

If you are struggling with war-related trauma or PTSI, you should know . . .

- PTSI is not rare or unusual. It is a *common* reaction to an *uncommon* event.
- Hundreds of thousands of men and women are struggling with it just as you are.
- It is *normal* to be affected negatively by combat, pain, atrocity and horror.
- Facing death changes a person – it would be *abnormal* if you were not affected. It shows that you are human and that what happens in war matters to you.
- You are not weak, crazy or strange – you are very literally *wounded*. You are *injured*.
- PTSI has been called a wound of the soul and a wound of the identity.
- If a person was shot in the foot, you wouldn't expect him to be able to run and jump any time soon. In the same way, a person with a wound to his or her *soul* will also be out of action for a while.

What causes PTSI?

A psychological shock or any kind of horrific event that makes a person think that they could be severely injured or killed can trigger PTSI. In other words, PTSI can be produced in a number of ways besides war:

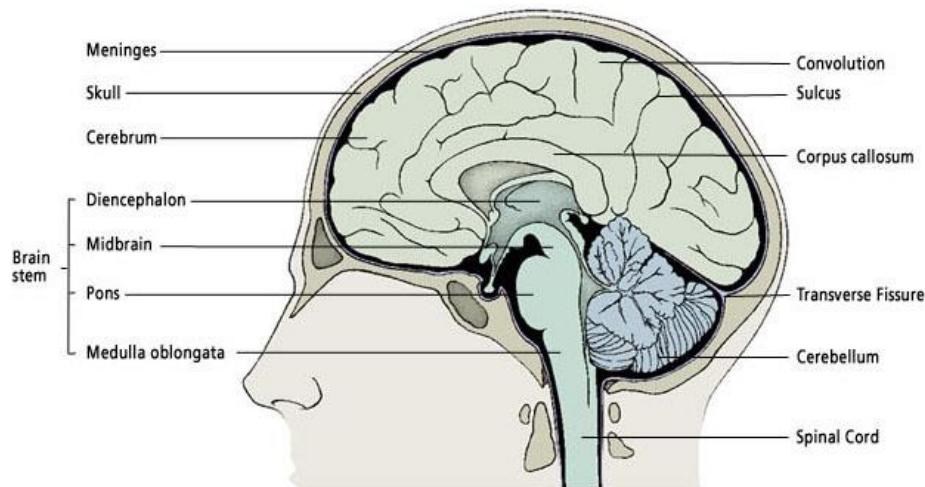
- Physical assault; carjacking
- Sexual abuse; rape
- Kidnapping; being held hostage
- Terrorism
- Torture
- Natural and man-made disasters
- Severe accident
- Receiving devastating news, such as a diagnosis of a life-threatening i
- Witnessing threatening, mutilating, or deadly events

PTSI can become especially severe or long-lasting when the trauma comes from an intentional human act, rather than from an accident or a natural disaster. In addition, enduring several traumatic events can have a building-up effect. For instance, if a person was abused as a child, then witnessed a sibling being murdered or was involved in a bad car accident, and then found himself in a combat situation, it's more likely that person will develop PTSI and it could be more severe than others who endure the same combat situation.

A God-designed defense mechanism.

One of God's top plans when He created us was that we would be equipped to defend ourselves and survive in a wide variety of dangerous situations. To this end, He equipped us with an amazing set of danger-response mechanisms.

There is a place in our brain called the brain stem or lower brain. This part of our brain controls all automatic life functions, such as our breathing, digestion and heartbeat. The brain stem will always override our higher brain – the part of our brain that we think with, make decisions with, etc. For instance, it doesn't matter how badly you might want to do it, you cannot make your heart stop beating just by thinking about it. You can hold your breath for a little while, but before long your lower brain once again takes over and *forces you* to breathe.



When we encounter something that we feel threatens our life, a flood of hormones is dumped into our blood stream. Our lower brain commands our heart to beat faster, our lungs to pump harder, and gets the rest of our body ready to either fight or run. Thousands of small muscles in our arms and legs tighten up, sending blood away from our skin and into our muscles for endurance and quick movement – and so that if our extremities are wounded, we won't bleed as badly. We get a surge of energy, strength and quickness and suddenly we can run, jump, kick or punch like we never have before.

But something else happens deep inside our brains, too. It's like an alarm goes off, and drowns out our normal tendency to analyze what's happening or to get emotional about it. It screams, "*Less thinking, more action!*" Our brain starts recording very strong and clear memories of what is happening, probably so that we will remember this event and avoid it in the future.

If the danger continues to threaten us, our brain stem takes over completely. It's live-or-die time. With this part of our brain in control, nothing else matters. It automatically directs the rest of the body in very complex but focused ways to do whatever it takes to survive – sometimes in ways that the trauma sufferer may be ashamed of later.

But no matter who you are, it's important to know two things:

1. God gave you this reactive pathway so that you would be able to do whatever was necessary to survive. It kept you alive. God knows that when our lives are threatened this behavior needs to come out or we could die. At that point, all the analysis, dignity, intelligence, and politeness in the world is absolutely useless.
2. No matter how hard you might have tried, you couldn't have stopped this reaction. Can you stop your heartbeat just by thinking about it? No. Neither are we able to control ourselves when our brains have clicked into this mode.



- Can you remember having one (or more) of these “automatic” reactions while you were in a traumatic, life-threatening situation? On a scale of 1 to 10, with 1 being very mild and 10 very severe, how bad was it?
 - Have you had any of these reactions since you got home or to a safe area in the form of a flashback? If so, how severe was it? How often has it happened?
-

Getting stuck in crisis-alert mode.

You might be saying, “OK, the crisis is over now. God’s danger-response mechanism worked, and I survived. So why can’t I move on? Why do I keep reliving what happened?”

Often, a trauma survivor can go through a short period of recovery time, and return pretty close to “normal.” But if the traumatizing event was very violent and life-threatening, or if there were multiple events, the brain doesn’t want to leave this crisis-alert mode. Your brain knows that it just had a very close call, and it is determined to be ready to react if the danger comes by again. Good idea – except if it gets *stuck* in that mode, which is essentially what PTSD is.

Whenever your brain senses that it’s getting near the “scene of the crime” via some sensory trigger (such as a smell, a sound, a sight, a memory), it quickly opens up the photo album it created during the earlier traumatic event and puts on an intense show to remind you that you don’t want to go there again! “Are you *nuts!*?? We almost *died* when we were there last time! Get away!”

If one doesn’t process the traumatic event later in a safe place by talking about it with someone, allowing the emotions that were suppressed to come up and be experienced, analyzing it, getting angry about the injustice of the experience, but then releasing that anger and bitterness, they will stay stuck in this condition indefinitely.

PTSD symptoms

Medical experts on trauma have identified four major categories of symptoms for PTSD. Go through the list below and put a mental check-mark next to any symptoms that you are currently experiencing.

1. Intrusion Symptoms: (Re-experiencing) Memories and images of the traumatic events may spontaneously intrude into the minds of those with PTSD, causing intense or prolonged distress or physiological reactions. Sometimes the images can be so vivid a person believes the trauma is actually reoccurring.

- Nightmares
- Sleepwalking, sleep fighting
- Unwanted daytime memories, images, thoughts, daydreams
- Flashbacks, feeling like you are reliving the traumatic event
- Somatic flashbacks (physical pain or a medical condition emerges, linked to the feelings or bodily states associated with the traumatic event)
- Fixated on the traumatic event; living in the past
- Spontaneous dissociative episodes (the world vanishes and you’re suddenly somewhere else, experiencing some sort of trauma)

- Panic attacks, undefined distress, dread or fear
- Phobias

2. Avoidance Symptoms Traumatized individuals attempt to avoid situations, people or events that remind them of their trauma. They feel numb, emotionless, withdrawing into themselves trying to shut out the painful memories and feelings.

- Intentionally avoiding anyone, any place, or anything that reminds you of the traumatic event
- Physical/emotional reaction to things that remind you of the traumatic event
- Self-isolating, dread of social interaction
- Anxiety in crowds, traffic
- Very reluctant to talk about your traumatic event
- Substance abuse to “numb” yourself (drugs, alcohol, food)

3. Alterations of Thinking and Mood: They may be unable to recall key features of the traumatic event, have a very negative self-image and/or world view, strong negative emotions, and disinterest in things that interested them deeply before. They are unable to show appropriate affection and emotion which causes friends and family to feel rejected by them.

- Reduced cognitive ability (slow thinking, confusion, poor problem-solving, poor memory)
- Inability to recall key features of the traumatic event(s)
- Persistent, negative trauma-related emotions (fear, horror, anger, guilt, shame)
- Persistent, negative, distorted self-image (“I am bad.”)
- Persistent, negative, distorted view of the world (“The world is always dangerous.”)
- Persistent, distorted blame of self or others for causing the traumatic event(s)
- Lack of interest or motivation regarding employment, recreation, former hobbies, sex, exercise
- Relationships that were once close and even intimate are now strained, cold, distant, requiring too much energy to maintain, feeling detached or estranged
- Neglect/abandon personal care, hygiene, nutrition
- Emotional numbness, flat, can’t get happy or sad, “dead” inside
- Inability to trust others

4. Arousal and Reactivity Alterations: Fearing further trauma, PTSD sufferers are always on the alert, on guard, jumpy, unable to sleep, angry, irritable.

- Anger, irritability, “short fuse,” fits of rage
- Hypervigilance (always on guard), always need to be armed with knife or gun; could also include “emotional” hypervigilance
- Easily startled, reacting to loud noises, jumpy
- Substance abuse to “un-numb” yourself (drugs, alcohol, food)
- Trouble falling asleep or staying asleep, insomnia, night sweats
- Accelerated heart rate, rapid breathing, heart palpitations for no good reason

- Physical fatigue
- Question/abandon faith, feeling of being betrayed or abandoned by God, mad at God
- Becoming violent, provoking fights
- Homicidal thoughts
- Suicidal thoughts, attempts
- Anniversary reaction (become anxious nearing the monthly or yearly anniversary of the traumatic event)
- Adrenalin junkie (taking risks, getting hyped-up)
- Self-mutilation, cutting, excessive tattooing – just to “feel something – *anything*.”

A war-related trauma sufferer won't experience *all* of these symptoms by any means. He or she might have some of them from the first category, one or two from the second, four from the third – the set of symptoms will be as unique as the individual suffering from them.

If you are currently experiencing war-related trauma or PTSD, there are many reasons to take hope! For *years* people who have studied victims of overwhelming stress and trauma have been amazed by the resiliency of these survivors. Refugee camp occupants, prisoners of war freed after years of captivity, terrorized hostages – so many are seen as coping and being victorious, rather than spiraling into a pattern of defeat. Many war trauma survivors have actually used their experiences to strengthen and enrich their lives – and the lives of others. God can enable you to rebuild your shattered life, career and family – even as you wrestle with the bitterest of memories.

But where was God?

Alex's words in the Introduction were, “. . . when God forgot about us.” When a person experiences a horrible event, when evil triumphs, when the innocent are harmed, when a random, unexpected incident results in destruction and death, it is a natural human tendency to ask, “Where was God? Why didn't He prevent this?” It's natural and *normal* to ask this.

Some of the most godly, faith-filled men and women in history have done the same, more or less. Even the Son of God – Jesus Christ – cried out from the cross that was killing Him . . .

“My God! My God! Why have You forsaken Me?” – Matthew 27:46

What do you know about God? Those who have walked with God very closely for a long, long time tell us that He is “supremely-good” and “supremely-powerful.” But wait a minute. If God is supremely-good, He certainly wouldn't want bad things to happen. And if He's supremely-powerful, He certainly would be able to do what He wants – and keep bad things from happening.

So . . . why do so many bad things happen in a world ruled by a God who is so good and so powerful?

Here's why . . .

“For God so loved the world . . .” (John 3:16). God loves the whole world – and God loves *you* – at a depth and with an intensity that we can't even imagine. His love isn't the sentimental, syrupy love that we see in the movies or daydream about. It's a love that is wise, self-less and freeing. It has eternity in mind, not just the present.

Free will

One central fact about His love for you is that He is not going to *force* you to do anything. He is not interested in a planet full of puppets who will do what He says when He pulls the right strings. He *loves* you, and what He wants more than anything in all the universe is *your* love, sent back to Him of your own free will. If we are forced, it's not love at all. It's just action and reaction – like in physics or chemistry.

So God – from the very beginning – has deeply desired that we'll decide on our own to respond positively to His loving overtures. Love cannot be forced or commanded.

“We do not want this man to reign over us!” That was Jesus telling a story in Luke 19 about how He was going to be rejected as King.

The story came true a few days later. **“Away with Him! Crucify Him! We have no king but Caesar!”** (John 19:15) The people did not want God – or His Son – as their ruler, so they killed Him. But this was nothing new. People have been rejecting God's rule in their affairs since the time of Adam and Eve. Mankind said “No” to God at the first opportunity and we've been saying “No” ever since – as a species, as nations, as individuals. God reaches out in love and says, “I am here. May I be your Covering, your Guide, your Sustainer, your Companion, your Comforter?” And every one of us at one time or another has said, “No, You may not. I would prefer to be the Captain of my own soul. Leave me alone. I'll do as I please.”

And you can see the horrific results of man “doing as he pleases” as you fight for your life and your country in the face of a Russian invasion.

God didn't change His mind about respecting our free will. God granted our wish. He backed off. But not very far. He's always there, ready to respond, reaching out – but out of our way. “We don't need God – we can handle things just fine by ourselves.”

But obviously, we humans are doing a very bad job of “handling things by ourselves.” That's why you are in the distress that you are right now, and perhaps why you are reading this. According to historian Will Durant, in more than 5,000 years of recorded history, there have only been 29 years when there wasn't a war raging somewhere on our planet.

As one man in a German prison camp during World War Two said to his friend: “Where is God?” The other man, thinking about their cruel guards and a world that would not help them, replied, “Where is man?”

This is important to understand:

YOUR CONDITION IS DUE TO THE SINFUL ACTIONS OF EVIL MEN – NOT GOD.

God is not the author of evil. He has been right there with you as you walked through your traumatic experiences. He has helped you in ways you might not have known. He has wept over your dead family members and friends just as He wept at the tomb of His friend Lazarus (John 11:35). He is biding His time until the day He will judge and eliminate all evil and those who practice it. But in the meantime, He is walking beside you and in great sadness about the pain you are experiencing. He is ready to come to your aid if you will let Him.

Knowing your enemies, knowing your allies.

You have seen your human enemies. You may know that they are influenced and strengthened by spiritual enemies who hate God, hate you, and because God loves you, desire nothing more than to defeat and kill you. Like a roaring lion, their objective is to devour you (1 Peter 5:8). They will use any weakness you have, any experience you have gone through, any vulnerability they can discover to fulfill their mission for you. They will use your traumatic experiences to find the open spots in your armor, and shoot their arrows there.

They are our enemies. Not God.

Have you ever watched a bunch of chicks with their mother hen? When danger comes, they instantly scurry toward their mother, who lifts her wings and gathers them underneath for protection. Could you imagine a wolf bounding into the chicken yard and one of the chicks running away from the hen and *toward* the wolf? That would be one very stupid – or confused – chick. And one very happy wolf.

And yet so many humans, when problems bound into their lives, decide to run away from the Supreme Problem-Solver of the universe, rather than toward Him.



- In which direction are you running right now – toward God or away from Him? Why?

Conclusions:

- War-related Trauma and Posttraumatic Stress Injury are physiological, emotional, and spiritual reactions to a life-threatening event involving extreme distress, pain, and horror. God designed those reactions to help you survive – but not processing that trauma (stuffing it down, not talking about it, denying it happened or saying that it was not very significant) can cause a person to get “stuck” in this crisis-alert mode.
- The ultimate source of this trauma is not God, but man’s inhumanity to man, influenced by Satan and his demonic forces. God is there with you now, standing ready to help you in this crisis. He may not take you *out* of the crisis, but He will be walking with you *through* it – guiding, protecting, factoring your difficulties into a long-term plan for you in a way that will not compromise human free will.

If you **UNDERSTAND** these things, it will help clear up your confusion, give meaning to the pain you are experiencing, and dispel your doubt with faith – moving you toward strength and stability.

Bridge 2:

CONNECTING

...with the Healer

Crossing the River of Separation From Your Creator

For whatever is born of God overcomes the world: and this is the victory that has overcome the world – our faith. Who is the one who overcomes the world but he who believes that Jesus is the Son of God? – 1 John 5:4,5

The Healer

Dmitriy was a very proud man. You would understand why if you lived in his hometown of Sloviansk. He had a very prestigious job, two cars, a nice house, a beautiful wife, five healthy children and lots of money. He was independent and self-sufficient. Dmitriy took care of himself and did not need anybody else's help.

He didn't even need God's help. What more could God do for him that he had not already done for himself? He believed in God's existence but saw no point in paying much attention to Him. *I'm too busy with more important things. I don't need "religion."*

Dmitriy never thought about how quickly war can sweep away a man's fortunes – despite how closely he lived to the Russian border. When the masked Russian-backed separatists began taking over government buildings in the Donbas region, Dmitriy and his 19-year old son Danya joined the ATO to defend his town and his country. They fought side-by-side, trying to take back the city from the militants who had taken it over. One terrible day, both Dmitriy and Danya found themselves in a terrible firefight. Dimitry was wounded in both of his legs. Danya was killed.

Friends quickly took him to the medical facility. As you can imagine, Dimitriy was almost delirious with pain and drowning in grief over his lost son. It so happened that the doctor who treated Dimitry had been his family's doctor since his first child – Danya – was born.

"Can you fix my legs, Dr. Basara?" Then he added bitterly, "And while you're at it, fix my heart!" Dmitriy began to cry.

Dr. Basara put his hand on the man's shoulder. "No, I'm so sorry, Dmitriy. I cannot fix either your heart or your legs. I don't know how."

Dmitriy looked at the doctor in shock. "What do you mean? I wasn't serious about my heart – of course you can't really fix that. But certainly you can fix my legs. Aren't you a doctor?"

"Yes, I am. But I can't fix anybody. However, I *do* know how both your legs *and* your heart can be fixed."

Dmitriy was confused, but he said, “Don’t play with me, Doctor. Tell me – how can they be fixed?”

“When I was in medical school, they taught me a very important lesson: Doctors don’t heal anybody. Medicines and surgeries don’t heal. What they *actually* do is remove destructive conditions from our bodies. They also adjust the environment of the sickness or injury so that the normal healing process that God has put within every person can work unhindered. Ultimately, God is our Healer, Dmitriy. Sometimes a person is healed instantly by a miraculous touch from God. But more often they are healed when they are lined up with the life-giving principles God has put within us which enable us to heal.”

Dmitriy thought deeply about this. He said, “So today you can plug up the wounds in my legs and set my bones, but they will need God’s healing. When does this start?”

“It has already started. But after I do my work, the pace will accelerate. The same is true of your heart, Dmitriy. You have had a terrible shock, and your heart is broken. God wants to heal that too – but it will be necessary for you to have your heart lined up with God’s healing principles also.”

After a few moments, Dmitriy said quietly, “When you are done with my legs, Dr. Basara, please tell me how to get my heart fixed too.”

“We’ve spoken of it many times over the years, but you’ve never been interested because you always felt you didn’t need God’s help. But I’ll tell you again – now that He has your undivided attention.”

What Dr. Basara told Dmitriy after that is very similar to what you’ll be reading in this chapter. One of the rivers that may be keeping you from journeying to your place of healing is the River of Separation From Your Creator. Many people reading this may already have a relationship with God through His Son Jesus Christ – they’ve already crossed this bridge. But if you have never invited Christ to be your Savior, this is the first and most important step in getting your heart lined up with God’s healing principles.

Making sure your heart is firmly connected to The Healer:

Knowing God Personally

Yes, you *can* know God personally, as presumptuous as that may sound. God is so eager to establish a personal, loving relationship with you that He has already made all the arrangements. He is patiently waiting for you to respond to His invitation. You can receive forgiveness of your sins, confidence of eternal life, and be put on the road to experience His healing of your body, mind, and soul through faith in His Son, Jesus Christ.

This section won’t be about how God could eliminate evil in the world and end the war with Russia, or how He could heal the land of Ukraine. It’s about something very focused and specific: **your personal relationship with God.**

The major barrier that prevents us from knowing God personally is ignorance about who God is and what He has done for us. Read on and discover for yourself how you can begin a life-changing relationship with God.

The following **four principles** will help you discover how to know God and experience the full life He promised.

1. God loves you, and created you to know Him personally.

Scriptures from the Bible about this point:

- **GOD’S LOVE:** “God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.” – John 3:16
- **GOD’S PLAN:** “And this is the way to have eternal life—by knowing you, the only true God, and Jesus Christ, the one you sent to earth! – John 17:3

What prevents us from knowing God personally?

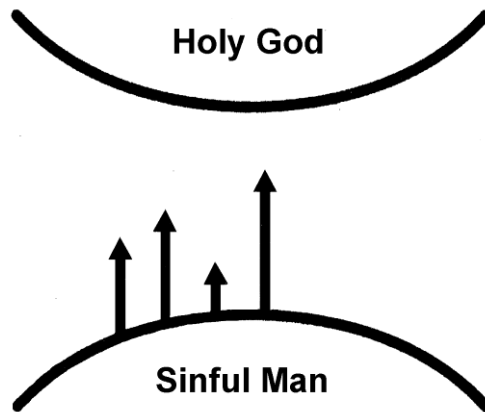
2. Man is sinful and separated from God, so we cannot know Him personally or experience His love.

- **MAN IS SINFUL:**
 - “All have sinned and fall short of the glory of God.” – Romans 3:23
 - “All of us like sheep have gone astray, each of us has turned to his own way.” – Isaiah 53:6

Man was created to have fellowship with God. But because of his own stubborn self-will, he chose to go his own independent way and fellowship with God was broken. This is true of us individually and as a species. This self-will, characterized by an attitude of active rebellion or passive indifference, is evidence of what the Bible calls “sin.”

- **MAN IS SEPARATED:**
 - “But your wrongdoings have caused a separation between you and your God, and your sins have hidden His face from you so that He does not hear.” – Isaiah 59:2
 - “For the wages of sin is death [spiritual separation from God], but the free gift of God is eternal life through Jesus Christ our Lord.” – Romans 6:23

The following diagram illustrates how a great gulf separates God and man. The arrows illustrate that man is continually trying to reach God and establish a personal relationship with Him through his own efforts. These efforts take many forms, such as being a good person, a positive philosophy, taking care of the environment, or being religious – but he inevitably fails. The gulf is just too great. It would be like trying to swim from London to New York City. The greatest swimmer of all time might go farther than anyone else, but he or she would still fall hundreds of miles short.

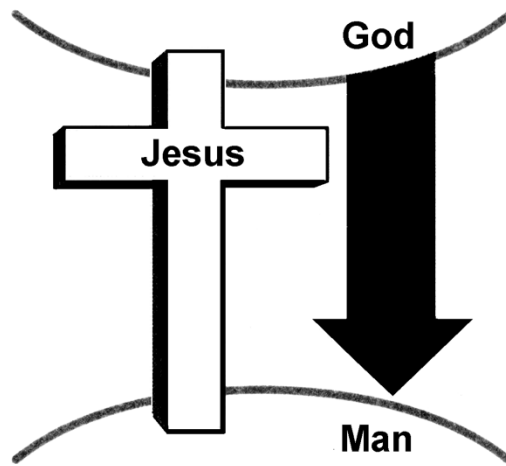


The third principle explains the only way to bridge this gulf...

3. Jesus Christ is God's only provision for man's sin. Through Him alone we can know God personally and experience God's love.

- **HE DIED IN OUR PLACE:** "But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us." – Romans 5:8
- **HE ROSE FROM THE DEAD:** "Christ died for our sins... He was buried... He was raised on the third day according to the Scriptures... He appeared to Peter, then to the twelve. After that He appeared to more than five hundred brothers and sisters at one time..." – 1 Corinthians 15:3-6
- **HE IS THE ONLY WAY TO GOD:** "Jesus said to him, 'I am the way, and the truth, and the life; no one comes to the Father, but through Me.'" – John 14:6

The following diagram illustrates that God has bridged the gulf that separates us from Him. He did this by sending His Son, Jesus Christ, to die on the cross in our place to pay the penalty for our sins.



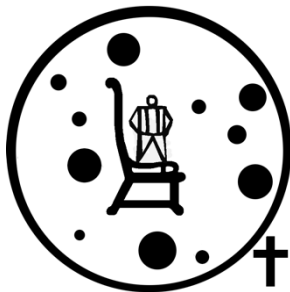
Just *knowing* these three truths is not enough . . .

4. We must individually receive Jesus Christ as our Savior and Lord; then we can know God personally and experience His love.

- **WE MUST RECEIVE CHRIST:** “As many as received Him, to them He gave the right to become children of God, even to those who believe in His name.” – John 1:12
- **WE RECEIVE CHRIST THROUGH FAITH:** “By grace you have been saved through faith; and that not of yourselves, it is the gift of God, not as a result of works, that no one should boast.” – Ephesians 2:8,9
- **WHEN WE RECEIVE CHRIST, WE EXPERIENCE A NEW BIRTH:** “Jesus answered and said to him, ‘Truly, truly, I say to you, unless one is born again, he cannot see the kingdom of God.’” – John 3:3
- **WE RECEIVE CHRIST THROUGH FAITH:** [Christ speaking] “Behold I stand at the door and knock; if anyone hears My voice and opens the door, I will come in to him.” – Revelation 3:20

Receiving Christ involves turning to God from self (repentance) and trusting Christ to come into our lives, to forgive our sins, and to make us what He wants us to be. Just to agree intellectually that Jesus Christ is the Son of God and that He died on the cross for our sins is not enough. Nor is it enough to have only an emotional experience. We receive Jesus Christ by faith, as an act of our will.

These two circles represent two kinds of lives:

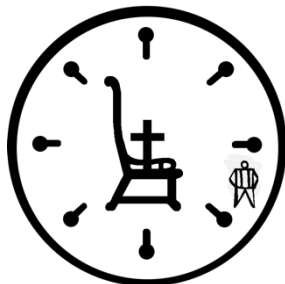


The Self-Directed Life

“Self” is on the throne or controlling center of the life.

Christ is outside the life.

The various sized circles represent the various interests and activities of a person’s life – which “Self” cannot sufficiently control, resulting in discord with God’s plan, frustration, dead-ends, and despair.



The Christ-Directed Life

Christ is on the throne. Self is dethroned, yielding to Christ.

The various interests and activities are now controlled by God, resulting in harmony with His plans, strength, stability, and healing.



- Which circle best represents your life?
- Which circle would you like to have represent your life?

The following explains how you can receive Christ:

You can receive Christ right now by faith through prayer

Prayer is not a mystical or complicated thing, only engaged in by “professional” Christians such as priests, pastors, ministers, or missionaries. Prayer is simply talking with God – and anyone can do it!

God knows your heart and is not so concerned about your words as He is with the attitude of your heart. The following is a suggested prayer:

“Jesus Christ, I want to know You personally. Thank you for dying on the cross for my sins. I believe you are the Son of God, and that you were raised from the dead. I open the door of my life and receive You as my Savior and Lord. Thank You for forgiving me of my sins and giving me eternal life. Take control of the throne of my life. Help me to heal, and make me the kind of person You want me to be.”



- Does this prayer express the desire of your heart?
- If it does, pray this prayer right now, and Christ will come into your life, as He promised.

How to know that Christ is in your life

Did you ask to receive Christ into your life? According to His promise in Revelation 3:20 (see above), where is Christ right now in relation to you? Christ said that He would come into your life and be your friend so that you can know Him personally. Would He mislead you? On what authority do you know that God has answered your prayer? (The trustworthiness of God Himself and His Word – the Bible.)

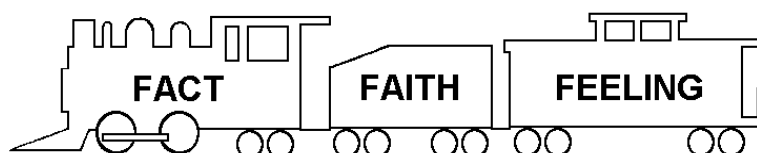
The Bible promises eternal life to all who receive Christ

Thank God often that Christ is in your life and that He will never leave you (Hebrews 13:5). You can know on the basis of His promise that Christ lives in you and that you have eternal life from the very moment you invite Him into your life. He will not deceive you.

An important reminder...

Do not depend on feelings

The promise of God's Word, the Bible – not our feelings – is our authority. The Christian lives by faith in the trustworthiness of God Himself and His Word. Feelings come and go based on many factors and are not a reliable measure of what is true. The train diagram below illustrates the relationship among **fact** (God and His Word), **faith** (our trust in God and His Word), and **feeling** (the result of our faith and obedience) (John 14:21).



The train will run with or without the last car. However, it cannot run without the engine – the last car has no power to do that job. In the same way, we as Christians do not depend on feelings or emotions, but we place our faith (trust) in the facts – the trustworthiness of God and the promises of His Word.

Now that you have entered into a personal relationship with Christ...

The moment you received Christ by faith, as an act of your will, many things happened, including the following:

1. Christ came into your life (Revelation 3:20 and Colossians 1:27).
2. Your sins were forgiven (Colossians 1:14).
3. You became a child of God (John 1:12).
4. You received eternal life (John 5:24).
5. You began the great adventure for which God created you (John 10:10; 2 Corinthians 5:17 and 1 Thessalonians 5:18).

Conclusions:

- God is the Healer of all sickness and injury – whether it is of the body, mind or soul.
- If you desire to receive His healing, then you must align your heart with His heart. In this position, God will have unhindered access to your body, mind and soul for the purpose of healing you.
- The first and most important step over this bridge is to **CONNECT** with your Creator. He is the one who made you, who knows everything about you, and He deeply desires to heal you in every way.
- By asking God's Son Jesus Christ to come into your life and by beginning a relationship with Him, you are connecting with God. He forgives all your sins – no matter how bad they are. He cleanses you. He declares you righteous in His eyes. He brings you out of the kingdom of darkness into His kingdom of light. He gives you His Holy Spirit. He adopts you as His son or daughter. And He now walks with you as you journey to your place of healing.
- This doesn't mean that your life is now going to become easy and problem-free. You will still face many problems. But the difference is that now you have the Supreme-Problem-Solver of the Universe living right inside of you! He will be there to help you every step of the way.

Bridge 3:

FILLING

. . . of the Holy Spirit

Crossing the River of Powerlessness

But you will receive power when the Holy Spirit has come upon you . . .
– Acts 1:8

When you need strength beyond your own . . .

As soon as he heard the explosion, Vladimir dropped everything and ran as fast as he could toward it. You would think he would run the *opposite* way, but Vladimir could tell the blast occurred in his neighborhood. He didn't think twice – he just ran. His wife Alina and their infant daughter Tania were at home, and he *had* to see if they were alright.

His heart sank as he rounded the corner onto his street. His building was demolished; huge sheets of concrete stood in a jumbled pile where his apartment used to be. He ran to the mountain of rubble. "Alina! Tania! Where are you?! Are you in there? Say something!"

Vladimir heard groans and crying. He couldn't tell if it was his Alina and Tania, but he dove into the work of trying to free them – whoever they were. He removed some of the blocks and timbers without too much difficulty, but Vladimir quickly saw that the huge pieces of concrete were going to be too much for him.

Then he looked across the street and hope sprang into his heart. A front-end loader was sitting at the construction site there – and Vladimir knew how to operate one! It could easily lift the concrete pieces! He sprinted over to it, jumped up in the seat and tried to start it. It cranked and cranked, but it would not catch. It was out of petrol! Vladimir began hitting the dashboard in frustration. *How can I rescue Alina and Tania? I'm not strong enough by myself!*

Just then he looked to his left and heading right toward him through the smoke and the growing, frantic crowd, was a petrol supply truck! Vladimir waved his arms frantically, and the driver stopped right next to the front-end loader.

"It's out of petrol!" Vladimir yelled. "Can you help us?"

"Of course!" the driver replied. Within minutes they had filled the loader's petrol tank. This time when Vladimir hit the starter, it cranked for a few moments then roared to life. He drove the big machine across the street, and many other rescuers began to work with Vladimir and the loader to carefully lift up the big pieces of rubble.

It took more than five hours, but Vladimir and his powerful machine were able to pull many people from the collapsed building alive that day – including Alina and Tania.

Vladimir was desperate to rescue his wife and daughter from the building that had been blown up by a missile strike. But it didn't matter how strong he was, he was no match for the heavy concrete slabs. The front-end loader could certainly do the job, but even if it was brand-new, the top-of-the-line, the most powerful model, and in perfect working order, without petrol it could do nothing.

But what happened when the petrol filled its tank? *Power!* Suddenly Vladimir – and that front-end loader – could accomplish amazing feats of strength, beyond anything he could have done by himself.

This is similar to the relationship between a Christian and the Holy Spirit. He is our power source! We may be very capable, strong, and impressive people. But without the Holy Spirit empowering us, we cannot accomplish anything that will be of any significance or of any eternal use.

Who is the Holy Spirit?

Here are some facts about the Holy Spirit that you should know, *many* of which will have direct bearing on the war-related trauma you are struggling with (please feel free to read the verses noted in your own Bible):

- The Bible presents God as a “Trinity” – three-in-one. God is the one-and-only God (Deuteronomy 6:4; Isaiah 43:10), and yet He shows Himself as three distinct “persons:”
 - God the Father (John 6:27)
 - God the Son – Jesus Christ (John 20:26-28)
 - God the Holy Spirit (1 Corinthians 3:16)
- The Holy Spirit guides us – John 16:13.
- The Holy Spirit teaches us “all things” – John 14:26.
- The Holy Spirit gives us freedom – 2 Corinthians 3:17.
- The Holy Spirit gives us power – Acts 1:8.
- The Holy Spirit is God's seal – His signature on us – showing that we belong to Him, and that He will make sure we are safely delivered to heaven – Ephesians 1:13,14.
- The Holy Spirit is like streams of living water flowing from inside us – John 7:37-40.
- The Holy Spirit helps our weaknesses and prays for us – Romans 8:26, 27.
- The Holy Spirit produces godly character qualities in us such as love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control – Galatians 5:22,23.
- Anyone who has asked Jesus Christ to come into his or her life now has the Holy Spirit living inside of them. This is called the “Indwelling of the Holy Spirit,” and it is a permanent condition. He will never, ever, under any circumstances leave you (forever means *forever!*) - John 14:16,17; 1 Corinthians 3:16.

But for a person to be “Filled” with the Holy Spirit is different from being “Indwelt.” As you will learn in this chapter, to be *filled* is to be “controlled, guided and empowered” by Him. This condition depends on the desire and obedience of the Christian, so sometimes our condition is

“filled,” sometimes not. It depends on us. As one Bible teacher puts it, “We leak.” So like a cracked pot that must continually be re-filled, so we too need to be careful to maintain our “filled” condition.

The Filling of the Holy Spirit

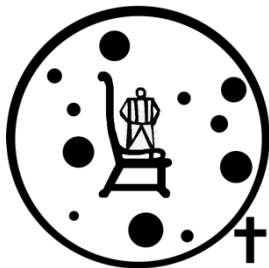
“Don’t be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit.”
– Ephesians 5:18

In the above verse, God gives us two commands, one positive and one negative. Can you recognize them?

1. Don’t get drunk.
2. Be filled with the Holy Spirit.

The point of this verse is that, just as alcohol can control us (in negative, destructive ways), the Holy Spirit – if we allow Him to – can control us in positive, constructive ways.

The Bible talks about three kinds of people (You met two of them in the last chapter):



THE NATURAL MAN – “CAPTAIN OF MY OWN SOUL!”

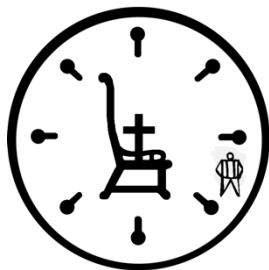
1 Corinthians 2:14

Self sits on the throne or control center of his or her life.

Cross = Christ, outside the life.

Circles = Activities, interests, priorities and plans in discord with God’s.

This represents the **non-Christian** who doesn’t have a relationship with God. He tries to direct his own life in his limited and usually self-interested way. However, this often results in frustration, despair and discord with God’s perfect plans for him. This “captain” often runs aground!



THE SPIRITUAL MAN – “WALKING IN FAITH AND OBEDIENCE.”

1 Corinthians 2:15,16

Self is dethroned, yielding to Christ’s Lordship in his or her life.

Cross = Christ on the throne, guiding and empowering the Christian.

Circles = Activities, interests, priorities and plans in harmony with God’s.

This represents a **Spirit-filled Christian** walking closely with God. Since Christ is all-powerful and all-knowing, He can ensure the Christian’s life will harmonize with God’s plans for him. This results in love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control – among other things! No guarantee of a problem-free life, only one that is in harmony with God’s plans for him or her.



THE WORLDLY MAN – “I’LL TAKE IT FROM HERE, THANKS.”

1 Corinthians 3:1-3

Self is back on the throne, trying to direct his or her life again without God’s input.

Cross = Christ still in the life, but dethroned and not allowed to be Lord.

Circles = Activities, interests, priorities and plans in discord with God’s.

This represents a **Fleshly** or **Worldly Christian** who isn’t walking with God. As he ignores or disobeys God’s directions, his life falls into disarray. When the Worldly Christian’s life is compared with the non-Christian’s life, there is not much difference in the level of frustration, despair, dead ends, and lack of opportunities.

Study the three diagrams and descriptions above.



- Which one would you say currently represents your life?
- Which one would you like to have represent your life?

Five Steps to receiving the filling of the Holy Spirit . . .

1. Desire

“Blessed are those who hunger and thirst for righteousness, for they shall be filled.”

– Matthew 5:6



- In the above verse, what does Jesus say is required to be “filled”?
[They need to be people who “hunger and thirst” to be right with God. They must strongly desire it.]
- What would this “desire” look or feel like in your life?

Search your heart. Do you “hunger and thirst for righteousness”? Do you truly *want* Jesus Christ as your Lord, and the Holy Spirit as your Guide? Are you willing to obey what God tells you to do? Don’t expect His power to flow unhindered if you’re simply “going through the motions.” God looks at the heart, and He knows your heart completely.

2. Confess

“If we confess our sins, He is faithful and righteous to forgive us our sins, and to cleanse us from all unrighteousness.” – 1 John 1:9

When you throw water on a fire, you “quench” it, and it will no longer cook your food or keep you warm. The Holy Spirit can be quenched too (1 Thessalonians 5:19). He may be quenched in your life right now because of sin – saying “No” to God and “Yes” to your unrighteous desires. In prayer, ask God to reveal the sins that have been disconnecting you from His plan and power. As

He brings them to mind, agree with Him that those choices were wrong (that's the essence of confession). Ask Him to forgive you for each one.

We'll be taking a much more in-depth look at forgiveness at Bridge 4 – "Forgiving."

3. Present or Yield

"Do not let any part of your body become an instrument of evil to serve sin. Instead, present yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God. Previously, you let yourselves be slaves to impurity and lawlessness, which led ever deeper into sin. Now you must present yourselves to be slaves to righteous living so that you will become holy." – Romans 6:13,19



- The "presenting" (or yielding or offering) of ourselves spoken of in this passage – do you think it involves a passive attitude or a purposeful commitment? It's pretty clear that purposeful commitment is on display here.

Most people consider slavery to be demeaning oppression – and in most cases it is. In the spiritual realm, Satan desires to enslave you to his will, which will lead to destruction. But God wants you to be "enslaved" to *His* will for your *benefit*, leading to freedom from the things that tear you down, and a strong connection to the things that will build you up and bring you satisfaction, fulfillment and joy.

An important insight is found in **Romans 6:16-18 (THE MESSAGE)**:

"You know well enough from your own experience that there are some acts of so-called freedom that destroy freedom. Offer yourselves to sin, for instance, and it's your last free act. But offer yourselves to the ways of God and the freedom never quits. All your lives you've let sin tell you what to do. But thank God you've started listening to a new master, one whose commands set you free to live openly in his freedom!"

4. Ask

"So I say to you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks, receives; and he who seeks, finds; and to him who knocks, it will be opened. Now suppose one of your fathers is asked by his son for a fish; he will not give him a snake instead of a fish, will he? Or if he is asked for an egg, he will not give him a scorpion, will he? If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him?" – Luke 11:9-13



- When some people come to God with their needs, they think they may need to perform some amazing act of faith or strength in order to make Him more willing to listen to them and grant their request. But what attitude does this Bible passage say that God holds toward us when we have needs and desires? What does He invite us to do?

Remember what was said earlier about our free will? God won't take away your privilege of choosing. Since you (and all of us) made a willful choice to depart from His will, you need to make a willful choice to get "reconnected." When you ask, you are exercising your free will in a positive way – just what God is looking for!

5. Thank Him in Faith

"Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours." – Mark 11:24



- Notice that this verse says "...believe you *have* received it..." Past tense. This is something that has actually already occurred. So what will happen if you truly believe that you have already received what you prayed for? Usually you should say, "Thank you!" Saying thanks is always a sign that you have faith that God has heard and answered your prayer.

Asking to be filled

When you pray to God, He isn't as concerned with your words as He is with the attitude of your heart. But sometimes it helps to express what is in your heart if someone else supplies the words for you. Here is a suggested prayer:

Dear Father, I need You. I hunger and thirst for Your righteousness, rather than for the garbage of the world. I want You to be my King and my Guide. But I confess that I have taken the throne of my life from Your control and have sinned against You. I've made many wrong choices. Please forgive me for this. I yield myself to You in obedience, desiring to serve You rather than myself or my enemy, the devil. Please fill me with Your Holy Spirit. I step down from the throne of my life and give it back to You. Based on Your promise, I have faith that You have heard my prayer and have filled me with Your Holy Spirit. Thank you! Amen.



- Does this prayer express the desire of your heart? Would you like to pray it right now? If you prayed the above prayer, or something similar, remember this day! It is very likely that you will look back on it as a turning point for good in your life!

How do I know the Holy Spirit has filled me?

We can be sure that when we ask the Spirit of God to fill us, He will do it immediately based on two things: His **command** and His **promise**. You already read his command earlier in this chapter:

His **command**:

"Don't be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit." – Ephesians 5:18

If God commands us to do something, you can be absolutely certain that it is within His will. Now let's read the **promise** concerning what happens when we ask God for something that we know is within His will:

His **promise**:

"This is the confidence which we have before Him, that, if we ask anything according to His will, He hears us. And if we know that He hears us in whatever we ask, we know that we have the requests which we have asked from Him." – 1 John 5:14,15

Asking to be filled with the Holy Spirit is definitely within His will for every believer – because it is commanded – so you can be *positive* that if you ask to be filled, you can begin thanking Him immediately for it – because it has already happened!

Spiritual Breathing

It's an unfortunate but natural tendency for us humans to re-take the throne of our lives from time to time. We decide we want what we want when we want it, and we ignore what God wants. And so God gives us what we want: He steps down from our throne, and lets us have it. This doesn't mean we are no longer saved or that the Holy Spirit has left us. It simply means that we have slipped into that "Worldly Man" condition. He'll wait patiently until we "take a spiritual breath."

Exhale. When you exhale, you rid your body of harmful carbon dioxide. When you become aware of sin in your life, you must first exhale by **confessing** your sin to God. The Holy Spirit tells you something is wrong, and you simply agree with Him – that's confession. And if you truly agree with Him about it, you'll not only say so, you'll also quit doing the thing He has pointed out to you. That's **repentance**: to stop, turn around and go back the other way.

Inhale. When you inhale, you draw life-giving oxygen back into your body. Out with the bad, in with the good. That's breathing! After you have exhaled spiritually, breath in the life of the Holy Spirit by asking Him to once again take the throne of your life. By faith, ask Him to control, guide and empower you.

How often do I do this? As often as you need to. It may be once a week, once a day, once an hour or even once every few minutes! The important thing is not to lose heart and give up in defeat. As a drowning man will struggle frantically to clear his lungs of water and breathe in air, so we need to recognize the critical need to keep the Holy Spirit on the throne of our lives – confessing our sins and seeking His filling.

Conclusions:

- In our own strength we cannot live the kind of life that is pleasing to God or satisfying to ourselves. We need the supernatural petrol of the Holy Spirit in our tanks!
- The Holy Spirit's filling – His controlling, guiding and empowering influence in our lives – depends on our willingness to allow Him this freedom with us.

- We can deny Him and live lives that look very similar to someone who has no relationship at all with God. Or we can ask for His filling and live the kind of abundant, meaningful, joy-filled lives He wants for us.
- This kind of life requires that we actively make *choices* to keep God on the throne of our lives, and quickly re-enthroned Him whenever we realize we've pulled off a coup d'état by our sins.

His **FILLING** will give you the power, wisdom and endurance to make your journey to your place of safety and healing.

Bridge 4:

FORGIVING

...received and given

Crossing the River of Anger and Revenge

***Though your sins are as scarlet, they will be as white as snow;
though they are red like crimson, they will be like wool.***

– Isaiah 1:18

***See to it that no one comes short of the grace of God;
that no root of bitterness springing up causes trouble,
and by it many be defiled.***

– Hebrews 12:15

The root of bitterness

Khalid was only 8 years old living in Aldi, Chechnya, when the Russian soldiers stormed into town and began going from house to house, killing civilians indiscriminately. There was little warning – everyone just ran, seeking some kind of shelter. Some of the men of the neighborhood tried to fight back with whatever weapons they had on hand, but they were no match for the well-equipped Russians.

The young boy ran out the back door of his house and hid at the edge of the woods. He watched in horror as his father was shot point blank in the back of the head. Several soldiers dragged his mother into the house. Khalid could hear her screaming but couldn't see what was happening to her. After a while she was silent. He couldn't see his brothers or sisters anywhere.

There was so much blood. So many dead bodies. So many people screaming. Fire. Smoke. Explosions. Khalid was frozen, not knowing what to do. Suddenly he felt a hand on his shoulder. He didn't dare look to see who it was, but finally his friend Ruslan whispered urgently in his ear.

"Khalid! We must get out of here! Come with me – quickly!" Ruslan waited until none of the bad men were nearby, then he grabbed Khalid's hand and they ran deep into the woods.

For many days Khalid and Ruslan wandered. They hid anytime they saw an adult. And though Khalid's body was alive as he and Ruslan roamed in search of food, his heart felt like a dead stone. He could think of nothing all day, every day, but the horrible morning his family was murdered, his neighborhood demolished, and his life destroyed. Hatred for the bad men and an unquenchable desire for revenge dominated his every waking thought

as he walked endlessly. Eventually, the two boys were found by aid workers who got them to safety. Khalid was sent to live with his uncle and aunt who lived in Kyiv.

Now Khalid is a grown man. He has meditated for years about how he would kill those who killed his family. He joined the army, eager for an opportunity to do so. Nothing else matters to him. He's not interested in a career, a wife, raising his own family, making a home, having fun. There is only one thing he desires: vengeance. It is his life. He has fought valiantly for years on the eastern front, but the few Russian soldiers he has killed did not even begin to quench the fire in his soul. And now that his adopted country was in a full-on war with Russia, he was being consumed by hatred and an insatiable desire to kill.

The horrible atrocities which Khalid experienced should not have happened to *anyone*. His pain, his loss and his grief are beyond what any human can endure. It's understandable that Khalid feels as he does.

But think for a moment. Even though the raiders never touched Khalid, they did wound him severely – in his heart, mind and soul. People could have easily seen a physical wound in Khalid and given him aid. But his unseen anger, bitterness and unforgiveness are killing him just as surely as the weapons of his family's murderers.

What about you? What atrocities have you witnessed or experienced? What atrocities have you committed? If the anger, bitterness, guilt, and despair which these events have produced in you are not met with forgiveness – either given or received – your journey to a place of healing will not be possible.

This fourth bridge will help you find the way to seek forgiveness from God and/or from people you have hurt. It will also help you learn how to forgive those who have hurt you, thereby releasing your anger and bitterness – which is not doing you any good at all.

In this chapter, we'll be addressing three types of forgiveness:

1. Seeking forgiveness from God
2. Seeking forgiveness from those you have hurt
3. Forgiving those who have hurt you.

1. Seeking forgiveness from God

Most people are prompted to seek God's forgiveness because they feel *guilty*. But there are two kinds of guilt, one that needs forgiveness and another which *doesn't*. You need to know which kind you are experiencing.

False Guilt

Guilt is good, created by God. Its purpose is to let us know when we are doing something that will hurt others or ourselves, and it prompts us to go back to God for forgiveness and restoration. But Satan likes to give us guilt feelings that have nothing to do with God's laws. This kind of guilt

does nothing but produce frustration and depression. This happens because there is no way to rid ourselves of the effects of false guilt – unless we recognize it for what it is: *false*. Following are some examples of false guilt – make a check mark next to any that you recognize in yourself:

- ☐ **Survivor's Guilt** – “I should not have survived when others died.” “If I had suffered more, others would have suffered less.” “If I had died, others might have lived.”
- ☐ **Guilt Over Survivor's Joy** – “I feel so ashamed about it, but I can't help thinking, ‘I'm so glad I didn't get killed!’ How can I feel *good* when others died?”
- ☐ **Guilt Over Involuntary Flight/Fight/Freeze Response** – “I always thought I was so brave, but I just froze in my tracks! I couldn't move!” “When that man jumped me and nearly killed me, I went crazy. I killed him, but couldn't stop beating him until his face was like chopped meat. I behaved like a devil.”
- ☐ **Guilt By Association** – “I'm a soldier; soldiers sometimes commit atrocities; I am among the atrocity-committers.”
- ☐ **Competency Guilt** – “If only I had acted quicker, more skillfully or smarter, people wouldn't have suffered and died.”
- ☐ **Impossible Choice Guilt** – “The woman looked like she had a bomb under her coat. We kept yelling at her to stop, but she kept coming. If I didn't shoot her, she could blow up all my mates. I shot her – but she had no bomb. How am I supposed to live with that?”
- ☐ **Helplessness Guilt** – “I wanted so badly to get my comrade out of the line of fire, but they had him pinned down. If only I could have gotten to him, he'd still be alive today.”
- ☐ **Role and Responsibility Guilt** – “As an officer, it was my responsibility to keep my men safe. Some of them died, so obviously I didn't do my job. It's all my fault.”

In each case listed above, there is *no guilt* as far as God and His laws are concerned – each is based on a false idea. Of course, it's normal to feel sad, angry, and frustrated about how things turned out – but don't turn that emotion in on yourself. You weren't meant to bear the responsibility for those unfair and unfortunate events – so don't take it. Remember that you have a spiritual enemy who will try to manipulate the memories of those events in order to weaken and destroy you. Also remember what you heard all the time growing up: “Life isn't fair.” It won't be fair until we get to heaven.

The only way to deal with false guilt is to recognize its deceitful basis, shine a spotlight on its source (Satan), and ask God to remove it from you. The guilt feelings may or may not lift immediately, but keep bringing it before God and let Him take that burden off your shoulders. It's not accomplishing anything. God doesn't mean for you to carry it – and *no one else* wants you to either.

Real Guilt

As you consider your time in combat and other traumatic experiences you've been involved in over the years, you may have done some things that were definite sins. These are not like the false ones listed above. You may have broken some or all of the Ten Commandments (Exodus 20:1-17). **Here are two bits of good news you need to hear:**

1. If you are feeling guilty about *those* sins, then it's because right now you are *not* ignoring the Holy Spirit; you're sensitive to His conviction – that's *good!*
2. You are not alone – *all* of us have sinned; *every one of us* has done things that have set up separations between us and God. It's a fact of the human condition. And it *can* be fixed.

No matter how bad your sins are, even “red like crimson” (Isaiah 1:18), God can forgive them, and will no longer hold you accountable for them. This is because Jesus was willing to be held accountable for them on the cross in your place. He was willing to replace our sins with His perfect righteousness. He took our sins upon Himself, and then suffered the ultimate punishment for them: death. But then, to demonstrate His power over death and His eternal nature as God the Son, He rose again from the grave in strength and victory.

In order to have Jesus' sacrificial death apply to *your* sins, you need to take two steps:

1. Confess

In Greek (the original language of the New Testament) the word “confess” is from a word that means, “to say the same thing as.” God has told you what you did wrong, as in, “David, you stole that money.” You confess by saying the same thing: “Yes, it's true. I stole that money and I agree it was wrong. Please forgive me.” The Bible gives us a great promise concerning this:

“If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.” – 1 John 1:9

Suggested Memorial Jar Project

Find a glass jar with a lid that can be screwed on tightly. Take a few minutes alone and present yourself before God. Ask Him to reveal to you any sins that are creating a separation between you and Him. Ask Him to be very specific about it. Take paper and pen and make a list of all the sins that He tells you about.

When you're done with this, take your list and agree with Him regarding each thing you wrote down. Then write “1 John 1:9” across the top of it in big, bold writing.

Stuff the paper in the jar. Take it to a safe place and light the paper on fire. Watch it burn and thank God as it symbolizes what He has done to the list of sins that were being held against you.

After the fire is out and cooled down, screw the lid on, and put a piece of tape on the front. Write “1 John 1:9” and the date on the tape. Then put the jar of ashes somewhere to remind you of God's forgiveness. Whenever Satan tries to remind you of your sinfulness, bring out the “Memorial Jar” and remind *him* of what Jesus Christ did with your sins.

If you have been struggling with false guilt, write those issues on a list as well and burn them at the same time. Tell Satan he can't use those false accusations against you anymore.

2. Repent

“Therefore repent and return, so that your sins may be wiped away, in order that times of refreshing may come from the presence of the Lord.” – Acts 3:19

The word “repent” comes from the Greek word that means, “to turn around and go the other direction.” While “confess” has to do with an *agreement* between you and God that takes place in the spiritual realm, “repent” has to do with an *action* that needs to take place in the physical world. It’s not enough to say, “Oops, sorry. I blew it. Forgive me.” and then repeat the same sinful act again and again. That’s not true confession anyway, because if you were really agreeing with God that it was wrong, you would at least make the attempt to stop doing it.

Here’s the point: God is not only looking for your *agreement* with Him about your sins. He’s interested in changed *action*. Your actions will show what you really think. When repentance happens, it clears the way for God to bring His healing unhindered.

Confession and **repentance** won’t be a once-and-for-all thing. The Memorial Jar you made memorializes one day when you took a stand and said, “From today on, I *know* that my sins are forgiven, and I am clean before God.” This will make it easier for you to keep Christ on the throne of your life through regular “spiritual breathing” as needed.

Restitution. In some cases, you may need to make restitution as part of your repentance. If you stole something, you need to return it or reimburse the victim for their loss. If you told a lie that damaged someone’s reputation, you need to try to fix it. If you fathered a child through adultery, you need to support that child. If you broke a law, you may need to talk with God about turning yourself in to the authorities. Forgiveness doesn’t mean you are released from all responsibility attached to your sin. It means that it no longer separates you from God and clears the way for Him to work in your life. But part of your healing process may involve taking steps to make things right with other people.

“But you don’t know what I’ve done...”

Some people look at their sins and come to the conclusion that they are unforgivable. They live under a load of shame and self-condemnation that will eventually crush them. They are under that load *not* because God wants them there, but because their enemy does – more false guilt. Don’t misunderstand – there is sin and therefore there is guilt, but the lie that it is *unforgivable* is what makes that guilt crushingly false.

For someone to think that God is not willing or able to forgive their particular sin is very bold and foolish. They are deciding what God can or cannot do. He has already told us in Isaiah 1:18 (paraphrased): “*No matter how bad your sins are, I can make you pure. No matter how low you have gone, I can go there and get you.*” Do you really feel tough enough to say to the Almighty God of the universe, “Oh no You can’t!”? I don’t recommend it.

The Apostle Paul (through whom God wrote a large part of the New Testament) referred to himself as “*chief among sinners*” (1 Timothy 1:15). Here’s why: Before he became a Christian, he had broken many of God’s commandments. He had threatened, chased, kidnapped, imprisoned, tortured and killed Christians, just because they were Christians. If he’d had the opportunity, he

would have considered it a great honor to do the same to Jesus Christ Himself. But then he met Christ, and everything changed. That's why he could write with confidence:

"Because of the sacrifice of the Messiah, His blood poured out on the altar of the cross, we are a free people – free of penalties and punishments chalked up by all our misdeeds. And not just barely free, either. Abundantly free!" – Ephesians 1:7,8 (The Message)

If God could forgive Paul, the world record holder of sinners, He can certainly forgive *you*! If you haven't done the Memorial Jar exercise yet, do it now with the "unforgivable sins" that have been weighing you down. Thank Him for setting you "abundantly free!"

2. Seeking forgiveness from those you have hurt

In order to heal, each of us needs to experience both forgiveness from God and forgiveness from those whom we have hurt. For some people, the idea of admitting a wrong to another person and asking for their forgiveness is very difficult. But Jesus makes the point that this issue is so important that you should even put worshipping God on hold until you settle things:

"This is how I want you to conduct yourself in these matters. If you enter your place of worship and, about to make an offering, you suddenly remember a grudge a friend has against you, abandon your offering, leave immediately, go to this friend and make things right. Then and only then, come back and work things out with God." – Matthew 5:23,23 (The Message)

Here are six steps you can take to help you in the process of seeking forgiveness from another.

1. Ask God to show you who you have hurt.

Consider praying the prayer that David prayed:

"Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends You, and lead me along the path of everlasting life."
– Psalm 139:23,24 (NLT)

If you're filled with the Holy Spirit, and if there *is* someone you've hurt physically or emotionally, God will bring it to your mind pretty quickly. Be open to whatever He has to say to you.



- Has God brought one or more people to your mind? Write their name(s) down on a piece of paper.

2. Ask God to forgive you for the pain you caused.

This is like a "double sin." You have sinned against the person, but also against God for breaking one of His laws. Go through the process of confession and repentance regarding this incident. Get right with God first.

[Note: By the way, you don't have to fire up a Memorial Jar every time you confess a sin. That was a one-time symbolic act that shows an on-going process in your life.]

3. Pray for the one you hurt.

Spend some time praying for the person that you have hurt. Ask God to heal the wound you caused. Ask Him to perform a miracle: that the hard feelings your wounded acquaintance probably holds toward you would be overcome by God's supernatural love. Ask God to make a way for you to meet with him or her. And ask God to make him or her receptive to your request for forgiveness.

4. Take the initiative and go to the one you hurt.

This part will not be easy, but God will be right by your side in this, because He will be *very* pleased about what you are doing. It might start with a phone call, a text, or a letter. Let them know you want to talk to them about something, and try to get an appointment with them. If you can't get face-to-face, you'll have to deal with it over the phone, but talking in person is the best way to go. They'll probably know from the tone of your voice what it's about and that you feel bad about it.



- When will you take steps to contact each person whose name you wrote above?

5. In humility, recount to the person what you did and ask for forgiveness.

You could say something like this: "Max, remember that time that I ... Well, I've thought a lot about what happened since then, and I want to tell you that I'm sorry for what I did. I was wrong. Do you think you could forgive me?" Don't try to make yourself look good or try to explain or defend your actions. Just take responsibility for what you did. Go to them totally unarmed.

6. Work on rebuilding trust with that person

They may or may not say they forgive you at that time. Regardless, you can't expect your relationship to go immediately back to how it was before. You broke trust with that person. It's going to take some time to re-build it. And it's going to take some initiative on your part to demonstrate that you meant what you said, and that you've changed. Ask God to give you some creative ideas about how to do that.

Forgiving those who have hurt you

Now we're getting to the type of forgiveness that Khalid needed to address in this chapter's opening story. For many Ukrainians, this could be the hardest lesson of all – to be able forgive Russian soldiers who have invaded your land, stolen your property, and destroyed so much of your life. Is it possible? And why should one even consider it?

“Fight fire with fire!”

In some cultures, this expression suggests that we should fight evil with evil. This is the strategy that Khalid was committed to in this chapter's opening story – and his desire for revenge

was consuming him. But the best method of fighting fire is with the *opposite* of fire, which is *water*. When considering how people relate to each other, fighting fire with fire never works – we only end up with more fire – and Satan loves that.

God gives us a different strategy in His Word:

“Do not be overcome by evil, but overcome evil with good.” – Romans 12:21

Within the Kingdom of God, we have been given a strategy for dealing with the fires lit by trauma in a way that will lead to our healing. And it is the *opposite* of evil.

[Note: The issue of forgiveness in the midst of war must be understood differently. When an enemy combatant or invader is trying to kill you, it would not be in your best interests to say, “Hey – I forgive you. Let’s sit down and talk this out. Can’t we be friends?” It’s not likely they will be satisfied with a good chat. If you are in a “just war,” and you are defending yourself, your family, and your homeland from people who want to violate God’s laws and rob, enslave, or kill you, you are well within your rights as a child of God to use lethal force to defend yourself. Much of the Old Testament was about the armies of Israel warring against people and countries who were against God and wanted to wipe Israel out. And God directed Israel to go to war. But what will happen *after* the hostilities have stopped? Will you allow the “root of bitterness” to grow and defile you and those around you, or will you be able to kill that root and forgive your former enemies?]

Why should I forgive them? Three reasons...

1. For your own good.

“See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled.” – Hebrews 12:15

In many parts of the world a plant known as poison ivy grows abundantly. If you touch it, you will get a very bad rash that will spread on your body and itch for more than a week. The only way to kill the plant is to pull it out of the ground, roots and all. If you leave any roots behind, they will spread secretly and take over an entire field within only a few years. This is like the “root of bitterness” spoken of in Hebrews 12:15.

When we have been wounded (physically, emotionally, spiritually) and feel helpless against the consequences, conditions are ideal for bitterness to grow. Our hatred for our attacker deepens, our frustration increases, which makes us more angry and hate-filled. The result is that nobody wants to be around us anymore. The bitterness spreads, just like the poison ivy. The sad part is that all this anger and poison does absolutely nothing to the guilty one – only to the one who was wounded. It makes him or her worse and worse.

It’s like drinking a bottle of rat poison, and then waiting for the rat to die.

The only way to deal with it is to pull out its root – and that can only be done by forgiving the offender. When we remove that bitter root with God’s help, the harmful increase of hatred and anger toward the one who hurt us stops, allowing us to move on to more constructive pursuits.

Spend a few minutes alone in prayer. Ask God to reveal to you whether or not you have a “root of bitterness” in your heart toward those who hurt you and helped bring about your trauma.

If the answer is “yes,” ask God to let you know what you can do about it. Listen to Him. He may give you an immediate answer, or the solution may become apparent over the next few days or weeks. Once you have an action plan from God about this, write it down on a piece of paper, or in your journal. It’s more likely you will take action if you write it down.

2. It is a God-like characteristic.

We are the sons and daughters of a forgiving God – and His desire is that we grow up to be like Him.

“He has not dealt with us according to our sins, nor rewarded us according to our iniquities. For as high as the heavens are above the earth, so great is His lovingkindness toward those who fear Him.” – Psalm 103:10,11

The main point in the verse above is that God doesn’t treat us the way we deserve. He forgives. When you forgive, you’re acting like God. The next time you decide to demand your rights, realize that you *really don’t want* your rights. If you got your rights, you’d be in hell today! Instead, as God has done for us, He’s asking us to do the same for others: to not count their sins against them:

“For God was in Christ, reconciling the world to Himself, no longer counting people’s sins against them. And He gave us this wonderful message of reconciliation.”
– 1 Corinthians 5:19 (LNT)



- On a scale of 1 to 10, where 1 = “I am absolutely sure God can do this” and 10 = “Absolutely no way ever” what is your level of confidence that God can perform a miracle in your heart and enable you to forgive your attacker(s)?

PRAYER ASSIGNMENT. It could take a miracle for you to come to the point of being able to forgive the ones who’ve hurt you. This level of love and mercy is indeed “supernatural.” If you chose a number toward the “10” end of the scale above, begin asking God for that miracle. You won’t be able to generate it on your own – but He can build it into you if you’re open to it.

3. It allows God to bring perfect justice.

“Never take your own revenge, beloved, but leave room for the wrath of God, for it is written, ‘Vengeance is Mine, I will repay,’ says the Lord.” – Romans 12:19

The Bible presents a great number of God-given laws that are meant to protect people from abuse. They address issues such as murder, rape, assault, theft, etc. When people break these laws, God gives the civil and religious authorities instructions about how they should punish the offenders and force them to pay back the victim for his or her loss. This is the normal way we deal with injustice. But what if we can’t find the offenders? What if they operate outside the laws of society, and no one can touch them? What if they *are* the civil and religious authorities?

Then, in effect, Jesus Christ says to us, “I know you have been sinned against, and you are entitled to justice. But why not let Me handle it personally? If you will step aside, give up your right to repayment and vengeance, I’ll take care of your enemy *perfectly*. Vengeance is Mine, I will repay. But I’ll do it in a way that will free you of your bitterness, bring your attacker to justice, and move *both* of you closer to My righteousness. What do you say?”

Forgiving those who have hurt you. Three steps...

1. Ask God to give you His supernatural mindset for this.

Satan wants you to add more fire to the fire. However, God has a higher road for you – and it's harder. But by making the decision to forgive, you are *not* excusing their sin or minimizing what happened to you. You are making a direct assault against your true enemy (Satan) who wants to use your bitterness to destroy *you*. Your mindset should be: "I know there is evil here, and I choose to break the cycle of pain and violence. Rather than add to the evil, I will contain it, starve it out, and kill it – with good." God can give you that mindset.

2. Make a list of your traumatic experiences and who caused each one.

Write them all down – not just the big ones. Don't say, "Oh, that one doesn't matter."

3. Make an act-of-your-will pronouncement of forgiveness for each person.

This is an act of obedience, and may or may not involve your emotions. You might pray something like this:

"Lord, as an act of obedience I choose to forgive _____. I don't feel like it, but I love You, and I know You love me, and I want to obey You. So today I release _____ from my judgment. Forgive me for the ways I may have hindered Your work in me and in him/her by my unforgiveness. I now step out of the way so that Your will may be done for _____ and for me."

Conclusions:

- Injustice and trauma always create anger in victims and guilt in abusers. If the anger and guilt are not dealt with, they will eventually become a "root of bitterness" and have a deeply negative effect on you.
- Dealing with your sins requires both **confession** (work between you and God in your heart) and **repentance** (work between you and those you've hurt).
- To forgive those who have hurt you is accomplished by an act of your will. It's not an act of emotion, or something that you will be particularly happy about doing. It probably won't make you feel all warm and fuzzy inside. It may set your nerves on edge even worse than fingernails scratching across a chalk board. But if you set your mind to just do it - regardless of how you feel – you will be amazed at how you eventually feel lighter, stronger, and less anxious whenever you think of the person who hurt you.

As you seek **FORGIVENESS** between you and God, between you and those you have hurt, and between you and those who have hurt you, you will experience God's pleasure, release, and progress toward your place of healing.

Bridge 5:

BUILDING

...a house of healing

Crossing the River of Spiritual Poverty

Unless the Lord builds the house, they labor in vain that build it. – Psalm 127:1

Building a proper house

Illya went to visit his friend Serhiy who was building a new house. Serhiy's apartment had been demolished during the war, so he had decided to move away from the city, and build a house of his own that would not be vulnerable if another attack occurred. It was the first time Serhiy had ever built *anything*, especially not an entire house. Illya drove for more than an hour, but he finally reached Serhiy's home site, beautifully situated on the bank of a river.

"Hello, Serhiy! This looks like a great place to build your house!"

"Illya! I'm so glad you could make it! Yes, as you can see, I've been working hard on it. It's almost done – my family and I should be able to move into it next week. Isn't it fantastic?"

Illya was confused as he looked where Serhiy was pointing. All he could see were a few branches pushed into the soft ground, some freshly dug holes, about fifty stones which apparently traced the outer walls of the house, and an umbrella tied to a small tree that was growing in the center.

"Serhiy, this doesn't look like a house. There's nothing to it. How can you expect to shelter your family here?"

Serhiy looked offended. "Well, I'm sorry that it's not a grand house like *you* live in, but I think it's just fine. My family will be able to tell where their rooms are – the sticks – where the outer walls are – the stones – and the holes will provide excellent storage places. And if it begins to rain, we can all seek shelter under the umbrella."

Illya didn't know whether to laugh or take his friend to a doctor. "Serhiy, my friend, you need a *real* house with *real* walls and a roof and doors and windows. This one won't protect you. The river will rise and wash it all away anyway – you've built too close to it."

"Well, Illya, you can see that I have used very inexpensive building materials. If the river *does* take it, it won't cost much to rebuild."

Illya felt sorry for his friend. Maybe he didn't know how to build a house, or perhaps he didn't have money for the building materials. "Serhiy, today is your lucky day. Because today you and I are going to go into town, and I'm going to find a man who can help you build your house, and I'm going to help you buy the materials you need to make a *good* house!"

If you are struggling with the effects of war-related trauma, you need to build a house too – a house of *healing*. Without it, you will continue to live in homeless spiritual poverty and at the mercy of the various forces that whip into your life. For it to be a *good* house, it must contain certain elements that will help you to stay connected to God – your Healer. This will allow Him to have unhindered access to your body, mind, and spirit so that He can work on you. It won't be good to use just *any* "building materials." They must be high quality, durable and eternal.

There are many elements needed to build a house of healing, but in this chapter we will concentrate on four crucial elements which will help you lay a strong foundation:

- 1. Prayer**
- 2. God's Word**
- 3. The Christian community**
- 4. Talking about your trauma**

1. Prayer: vital communication with your divine commander

If you've ever been involved in any kind of military operation, then you know that communication is *absolutely crucial* for a successful outcome. If you aren't connected to the rest of your unit by some means of communication – and especially to your commanders – things could go very wrong very quickly.

Could you imagine a platoon of soldiers outnumbered and pinned down in a firefight, and the sergeant not even thinking about getting in touch with his commander and asking for backup? Every soldier knows that if he gets into trouble he can rely on the team back at his base of operations to instantly do everything they can to provide support for them.

But it's strange how so few Christians take advantage of the incredible communication system we have with God. Imagine: instant contact with our Creator and Savior by simply talking or thinking!



- Why do you think the majority of Christians don't pray very much? How about you? Do you think you pray *too much*, or not enough?

Could it be that people simply don't have a clear idea of what prayer is for? Though God loves to answer the requests we make of Him in prayer, this isn't its only purpose. We must never forget that Christianity is not just a religion or a philosophy of life. It is a *relationship* with our heavenly Father. And in any relationship, there must be communication. We don't always benefit directly from the communication itself, but the communication produces a deeper relationship, which opens the door to *all kinds* of benefits.

I talk to my wife every day – because she's my best friend and I love her. We talk about *everything*. Sometimes I talk and she listens, sometimes it's the other way around. Sometimes we don't even need words to communicate. Because of this, our relationship is very deep and satisfying for both of us.

But how would it be if the only time I ever spoke to her was to tell her that I wanted something? Our relationship would be very shallow. Good communication involves a wide variety of techniques and styles, not just demands!

What does God want you to pray about?

Here are a few verses from Scripture and a brief summary of what the pray-er in the Bible was praying about, or what is encouraged in the verse. These and other verses can give you examples for your own prayers:

- *Give us this day our daily bread. (Matthew 6:11)*
>> A request for help with our physical needs.
- *I love You, O Lord, my strength. The Lord is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge; my shield and the horn of my salvation, my stronghold. (Psalm 18:1-3)*
>> Worship; expressing love for God, praising God for His help; rejoicing over what a great resource He is.
- *In everything give thanks; for this is God's will for you in Christ Jesus. (1 Thessalonians 5:18)*
>> Thanking God for all He has done for us.
- *My God, my God, why have you abandoned me? Why are you so far away when I groan for help? (Psalm 22:1,2)*
>> An honest expression of fear and doubt; a plea for help.
- *If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. (1 John 1:9)*
>> Confessing our sins to God for the purpose of receiving forgiveness and cleansing.
- *Lead us not into temptation, but deliver us from the evil one. (Matthew 6:13)*
>> Requesting God's help to keep us safe from sin and from the influence of Satan.
- *Be anxious for nothing, but in everything by prayer and supplication with thanksgiving, let your requests be made known to God. (Philippians 4:6)*
>> Pray about anything you want; mix your prayers with thankfulness.

“I want answers!”

God will answer every prayer that you pray in faith. Every one. But the thing to keep in mind is that, if we have submitted ourselves to Him as our King and Guide, He gets to decide how to answer our prayers. His answers will always be what's best for us and for His Kingdom. And since He's all-knowing, all-powerful and timeless, He probably knows what's best!

- Sometimes He might answer our prayer “**No**. It wouldn't be good for you.” Like the good father saying no to the young child who wants to play with the nice, round hand grenade that looks like a ball.

For deeper study: *Examples of God saying “No” (even to His Son!):*
2 Samuel 12:15-18; Mathew 26:37-42; 2 Corinthians 12:7-10.

- Sometimes He might answer our prayer **“Wait.** This would be a good thing for you, but not right now. Be patient. Soon the conditions will be right.” Like what I said to my friend who wanted to cross the street as a truck was speeding toward us.

For deeper study: *Examples of God saying “Wait”: Genesis 15:2-5; Genesis 50:24,25; Exodus 5:22,23; 6:6-8. In each case, the fulfillment of the promise happened many years later.*

- Sometimes God might answer our prayer **“Yes!** This will be a good thing for you!” Like what I said to my wife when she asked, “Would you like to go out on a date with me tonight?”

For deeper study: *Examples of God saying “Yes”: Psalm 32:5; 1 Samuel 1:11,19,20; 1 Chronicles 4:9,10; 2 Kings 6:15-18. In each case, God said “Yes” to their request.*

Obviously, we would like to increase the number of “Yes” answers we get. Psalm 37:4 gives us some great insight on how to do this:

“Delight yourself in the Lord, and He will give you the desires of your heart.”
– Psalm 37:4

What can we do to give the Lord unhindered access to our spirits so that our desires *will* align themselves with His before we even begin to pray? We need to make Him our delight, to have an attitude toward Him of love, acceptance, and submission.

We can cultivate a quiet confidence that He always knows what is best for us. We should be willing to allow His will to be done instead of ours when the two clash. Then we’ll be able to pray boldly the way Jesus prayed:

“Nevertheless, not as I will, but as You will.” – Matthew 26:39b

Personal commitment. Consider making this intentional promise to God (and to yourself):

I will commit to a period of personal prayer – either by myself or with others – lasting no less than _____ minutes, _____ days a week, for the next _____ weeks, beginning on _____(date) I will ask _____ to check up on me, give me encouragement, and help me find answers to questions I come up with.

2. The Word of God – your divine food and weapon

You know that your body needs food, so you go to great trouble to make sure it has what it needs. Hunger pains remind us when we aren’t giving it enough, or when it’s time to give it more. Now that you have been born spiritually, you have become a spiritual being who needs spiritual food. As the Bible teaches:

“Man does not live on bread alone, but on every word that comes from the mouth of God.”
– Matthew 4:4

“As newborn babes, desire the pure milk of the word, that you may grow by it.”
– 1 Peter 2:2

A Christian who doesn't get a regular diet of God's Word will end up with a starved, weak and sickly spirit. Perhaps you have spent time in a refugee camp, or have seen photos of people who have. It's very disturbing to see how dreadfully thin under-fed refugees can become. If we could take photos of the *spirits* of some Christians today, they would probably look very similar to the physical bodies of those poor men and women who had been deprived of proper nourishment for so long. Don't let this happen to you! Be sure that you're getting a steady diet of God's *spiritual* corn and chicken!

Benefits of reading, studying and applying the bible:

The following passages describe the benefits of regularly including God's Word in your life. See if you can think of at least one benefit you observe in each passage:

- **God speaking to Joshua:** *"Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do."* – Joshua 1:8
- **King David writing:** *"The law of his God is in his heart; his feet do not slip."*
– Psalm 37:31
- **King David writing:** *"How can a young man keep his way pure? By living according to Your word... I have hidden Your word in my heart that I might not sin against You."*
– Psalm 119:9,11
- **Jesus speaking:** *"If you remain in Me and My words remain in you, ask whatever you wish, and it will be given you."* – John 15:7
- **Jesus speaking:** *"If you hold to My teaching, you are really my disciples. Then you will know the truth, and the truth will set you free."* – John 8:31,32

Taking the sword

God's Word has another function: it's a **weapon**. In Ephesians 6:14-17, the Bible talks about the spiritual armor that is available to every believer: belt of truth, breastplate of righteousness, sandals of the preparation of the gospel, shield of faith, helmet of salvation... these are all defensive tools of war. But the final item mentioned is *"the sword of the Spirit, which is the Word of God."* This is *both* a defensive *and* an offensive weapon.

You can read a great story of how Jesus used God's Word in a battle with Satan in Matthew 4:1-11. Twice Satan launched an attack on Jesus. Twice He countered with a verse of Scripture – defensive moves. With the third attack, Jesus not only repelled the devil's assault, but sent him into a quick retreat with a counterattack using the sword of the Word. Hebrews 4:12 tells us that "The Word of God is living and powerful, and sharper than any two-edged sword..."

Learn how to use it.

A rifleman is intimately acquainted with every square millimeter of his weapon. Now it's time to begin a new training program to become as familiar with your new weapon – God's Word – as you were (or are) with your physical one. It will keep you alive.

Personal Commitment:

I will commit to a period of personal Bible reading/studying lasting no less than _____ minutes, _____ days a week, for the next _____ weeks, beginning on _____ (date). I will ask _____ to check up on me, give me encouragement, and help me find answers to questions I come up with.

3. The Christian Community – Divine Base Camp

God created the church to be like a military base camp. It's a place where His soldiers can come in from the battle, rest, get training, hear the latest intelligence, spend time with their mates, receive healing, and get ready to go out again. And who is supposed to provide all these beneficial services? The Spirit-filled Christians who occupy the church! God has designed us to be gifted and able to minister to each other as His Spirit directs us.

We're not necessarily talking about a building here – though that is often where “the Church” will be found. For many of you in Ukraine right now, your building may be gone. But the Church is a vast, living thing made up of Christians all over the world. The Bible refers to it as “The Body of Christ.” Christ is the head, and we are like His hands and feet, accomplishing His work on earth. His desire is that we work together – and in so doing it is much more likely we will accomplish His purposes.

“The way God designed our bodies is a model for understanding our lives together as a church: every part dependent on every other part, the parts we mention and the parts we don't, the parts we see and the parts we don't. If one part hurts, every other part is involved in the hurt, and in the healing. If one part flourishes, every other part enters into the exuberance.” – 1 Corinthians 12:25,26 (THE MESSAGE)

“Church” is simply a community of Christians. It could be a formal congregation based in a building, or it could simply be a collection of Christian friends who are looking out for each other in love, motivated and directed by the Holy Spirit. It could even be a small group of refugees meeting in a basement. Whatever it looks like, it is very important that you are closely connected with a group of believers who know and love you.

Here are a few verses that describe what is supposed to happen when Christians form a community that makes a place where God can help and heal. See if you can think of at least one benefit that you receive as you “hang out” with other Christians:

- *Iron sharpens iron, so one man sharpens another. – Proverbs 27:17*
- *Laugh with your happy friends when they're happy; share tears when they're down. Get along with each other; don't be stuck-up. Make friends with nobodies; don't be the great somebody. – Romans 12:15,16 (THE MESSAGE)*
- *Those of us who are strong and able in the faith need to step in and lend a hand to those who falter, and not just do what is most convenient for us. Strength is for service, not*

status. Each one of us needs to look after the good of the people around us, asking ourselves, “How can I help?” – Romans 15:1,2 (THE MESSAGE)

- *But encourage one another day after day, as long as it is still called “Today,” so that none of you will be hardened by the deceitfulness of sin. – Hebrews 3:13*
- *Let’s not merely say that we love each other; let us show the truth by our actions. – 1 John 3:18 (TLB)*

PTSI, self-isolation and church

If you are struggling with war-related trauma or PTSI, you probably don’t feel very comfortable being with groups of people you don’t know. It makes you nervous to think that there could be someone there who might want to harm you or others. For this reason, you may be tempted to stay away from church as a “safety measure.”

Social isolation may seem like your best option. It feels more comfortable at first, and it’s easier than trying to deal with people who don’t understand. But it’s one of the worst moves you can make. Isolating yourself...

- severely diminishes your support network, which God will often use to supply what you need
- robs you of emotional closeness to people you like and who care about you
- gives you more time to worry and feel lonely, helpless, and depressed
- causes you to play into Satan’s key tactic – isolate the prey, eliminate all avenues of support, turn up the heat, then offer destructive ways to “fix” problems (drugs, alcohol, sex, crime, etc.)
- keeps you from experiencing the *good* relationships that are energizing and healing
- makes the world around you “encouragement neutral” – nothing negative but nothing positive either

In addition, isolating yourself goes against the basic plan for us from our Creator. He made us to be a communal species – like a herd. The network of fellow Christians was designed specifically for this kind of situation. There is strength and safety in numbers . . .

“Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. Likewise, two people lying close together can keep each other warm. But how can one be warm alone? A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.” – Ecclesiastes 4:9-12

4. Talking about your trauma

One of the things you probably remember from Bridge 1 is that when you experienced your traumatic events, the self-defense mechanism God created in you took over – to help you stay alive. Part of this mechanism is that you were able to suppress your normal emotional and analytical reactions so that you could focus on the threat at hand. But God did not intend for you to *keep* these reactions suppressed. He expects you to bring them up again and “process” them in a safe place – with His help. He wants you to talk about them with someone who is a good listener.

These things *now* need to be thought about, judged, responded to, connected to your emotions, mourned and filed away properly in your mind and your life. Your brain took those picture-memories of what was happening, and they’re in your mind, along with all the soul-ripping emotions that went along with them. But they weren’t meant to stay there. They’re like an infection, making you sick at the most inconvenient times, affecting your whole life. If the infection isn’t discovered and dealt with, it will get worse, not better.

As King David, who probably suffered from PTSD, wrote:

When I kept it all inside, my bones turned to powder, my words became daylong groans.

– Psalm 32:3 (THE MESSAGE)

It’s as simple as this: if your traumatic memories are exposed to God’s light, their power over you can be weakened and removed.

Getting the secrets out

We have no secrets from the all-knowing God. But sometimes one part of our mind tries to keep a secret from another part. We know what happened. And yet, in some kind of deep, self-defensive, self-deceiving plan, we try to keep the painful truth from our conscious self – and also from the rest of the world. But this plan is no longer helping – it’s hurting. As David Grossman, author of *On Killing*, wrote, **“You are only as sick as your secrets.”**

Close your eyes for a minute. Let your mind go back and remember the sensory and emotional details of your traumatic experience(s). What did you smell? What did you hear? What did you taste? Describe the heat, cold, sand. How did the experiences make you feel? What were your emotional reactions to the trauma?

Dr. Aphrodite Matsakis writes about how necessary “feeling” is to your recovery:

For you to heal completely, the trauma must be reworked not only on the mental level, but on the emotional level as well. This requires two further processes:

- *First, the feelings generated by the trauma that were not felt at the time need to be identified.*
- *Second, and more difficult, the feelings must be experienced, at least in part, on an emotional level.*

The feelings trauma generates are perhaps the most powerful feelings known to human beings, among them are fear, anger, grief and guilt. If you think you don’t

have these feelings, think again. Do you still have PTSD symptoms? Are you struggling with an addiction? Do you have headaches, backaches, stomach problems or other physical symptoms of unexplained origin?

If so, this suggests that even though you may not want to deal with your feelings, your feelings are dealing with you.

Researchers have learned that if you can “debrief” (talk about what happened) within three days of your traumatic episode, you are far less likely to develop PTSD. The longer you wait after three days, the more likely it is that you will struggle with it. If you experienced multiple or long-lasting traumatic events, and simply didn’t have the opportunity to process your trauma within three days, or if it happened quite a while ago, it will still be very beneficial for you to talk about what happened to you.

Those with whom you share your story may have some encouraging words for you, some good advice, and some helpful direction. But the most valuable thing they can give you is a time and a place for you to *talk*. You need to allow the emotions that you suppressed to come up and be experienced and thought about. It’s OK for you to get angry about the injustice of your experience, so that you can then release that anger and bitterness. There may be tears, shouting, fear, anxiety, and it may even be hard for you to talk. But if you can push through, it will be one of the most helpful elements of your house of healing.

Conclusions:

- Building this house of healing will counter any spiritual poverty you are currently living in.
- If you are serious about creating an environment of healing . . .
 - Make a plan to communicate with God in **prayer** regularly – about anything and everything. He wants to hear from you!
 - Commit to reading, studying, and applying **God’s Word** regularly – every day if possible. It is your spiritual food, and it is your weapon.
 - Make an effort to be involved in **fellowship** with other Christians. It may feel uncomfortable at first, but it will become a source of strength for you.
 - Seek out a good **friend** or even a **counselor** who will help you process your trauma by **talking** through it. It may be difficult for you to remember and talk about your trauma, but it will help you cross this bridge

By **BUILDING** your house of healing – by being intentional about putting yourself in an environment where God has optimal access to your body, soul, and spirit for the purpose of healing – you will accelerate your journey to strength, stability, health, and usefulness to others.

Bridge 6:

GRIEVING

...your loss

Crossing the River of Dark Sadness

Blessed are those who mourn, for they shall be comforted. – Matthew 5:4

Denying grief

“I am fine. Just fine,” Ivan said with a strange half-smile. Then he looked at the ground. “There is no need for you to be concerned about me, Grandfather.”

But Grandfather Yaroslav was concerned. When the Russians began to invade the Kharkiv Oblast and the “Orcs” began to commit atrocities, Ivan joined the army. He had just returned after a year of fighting. He wasn’t the same young man. He was emotionally distant, cold. He wasn’t eating much, wasn’t sleeping much, wasn’t talking much. When he *did* talk, Grandfather Yaroslav could tell he was just putting on a mask, trying to look strong.

“Ivan, I don’t think everything is just fine with you. I can tell that you are carrying many wounds – besides the physical ones you have. Your soul is wounded, and it has not healed. Tell me about those wounds.”

Ivan sighed. He didn’t want to talk about these things, but he wanted to show respect to his Grandfather. He shrugged his shoulders. “You know, Grandfather. It was war. Horrible things happen in war. Many of my friends died.” Ivan hesitated, then said quietly, “Maxim – he was captured, and was tortured before he was finally killed.”

“You mean your neighbor, little Max, who you played with since you were both babies?”

“Yes. The same. But as I said, it was war. We must move on.” Ivan’s face became like stone again.

Grandfather Yaroslav put his hand on Ivan’s knee and said gently, “You have not grieved for your friends yet, have you, grandson?”

“They were soldiers, Grandfather. I am a soldier. Death is part of our job – we knew it when we joined the army. We can’t make a big deal about it every time one of our comrades is killed.”

“Who told you that?” Grandfather Yaroslav said with a hint of anger in his voice. “Who said you can’t ‘make a big deal’ about your friends dying?”

Ivan was a little hesitant to reply. “Well, I don’t know. No one actually commanded us. It’s kind of an unwritten law. When your mates are killed, you can’t get all emotional about it – you must keep fighting.”

"I can understand that – while you are in battle. But once the battle is over, Ivan, you *must* take some time to mourn your friends."

"Grandfather, believe me, I would like to. But I am afraid that if I allow myself to do this, it will be like a great dam breaking, and I will never be able to stop my tears. So I am just trying not to think about it."

The wise old man thought for a moment. "Ivan, you're like that old tractor in our village. Remember that spring when everyone was wondering why it kept smoking and running so rough and then shutting down? Vitalik was supposed to put the oil in it, but he forgot. Without the oil, it could not function. As soon as he remembered and went to the trouble of putting the oil in, it worked just fine.

"You are not 'just fine' right now, my dear boy. Your soul needs the oil of your tears, or you will shut down just like that old tractor. You think your tears will never end once they start, but I guarantee you they will." Grandfather Yaroslav got up from his chair. "Come walk with me, Ivan. I will teach you about grieving. I am very experienced."

Understanding Grief – a "sacred sorrow"

Whenever we experience any sort of loss, it is part of the normal and natural process for us to feel a wide range of negative emotions. Please note carefully: the process is *normal and natural*. It is built into us. God created it. God experienced it. *Everybody* experiences it.

The English word for "grief" comes from the Latin verb meaning "to burden." That's exactly what grief feels like, doesn't it? A heavy load that you wish you could set down – but you can't.

Grief is always triggered by a **loss** of some sort – losing someone or something we had an attachment to. Grief has different levels and intensities. We grieve a little when our favorite shirt is ruined and we have to throw it away. We grieve a little more when our favorite sport team has its hopes dashed for championship glory. But much more profound grief comes when our home is destroyed by invaders, or someone we love dies.

However, as grief and trauma counselor Dr. H. Norman Wright tells us, "Loss is not the enemy. Not facing its existence is." And as Dr. Gerald May writes: "Grief is neither a problem to be solved nor a problem to be overcome. It is a sacred expression of love ... a sacred sorrow."



Name your loss

You have suffered many losses throughout your life – as we all have. But your time in war probably brought you some new "lifetime lows" which you may have found difficult to deal with. Think about your losses – maybe even take a couple of minutes to write them down – specifically. You could write about physical injuries that resulted in lost capabilities, lost home, lost friends, wrecked plans, crushed dreams, shaken self-identity, lost faith, lost love – whatever comes to your mind. By naming your loss, you'll be better able to accomplish the difficult work of grieving over it.

The Purpose of Grief

God built the grief response into us for the purpose of mentally, emotionally, and spiritually *processing* loss-producing events, mixing those events into our changed world, and helping us move on to a state of greater strength, resourcefulness, and faith. If we are not willing to face the grieving process, or if we try a short-cut, we're left adrift in our sea of pain, never reaching the shores of strengthening that the Lord intends for us.

In order to motivate their people to push beyond what they think their limits are, military and athletic trainers sometimes tell them, "*Pain is simply weakness leaving the body!*" In a similar fashion, we would say, "Tears are a way God has provided for sadness to leave our body." If we resist this mechanism, our sorrow may never lose its intensity.

When we grieve:

- We are honestly linking up with the emotions that come with loss – rather than suppressing or denying them. As many grief experts say, "You cannot heal what you cannot feel."
- We are protesting the injustice of the loss – which we are truly convinced of – rather than acting like it was OK with us.
- We are expressing that we deeply wish that the loss had never occurred – rather than minimizing it.
- We are facing the devastating impact of the loss head on, absorbing it, and eventually mastering it – rather than running from it, or pretending it didn't happen, only to have its effects hit us again and again.
- We are allowing our brain to replay the tapes of our traumatic event memories in a safe environment, which robs them of their terror and allows us to include them in our post-trauma life.
- We are inviting Jesus to enter the dark jungle of our pain, experience it with us, comfort us in the midst of it, and walk us out the other side of it – rather than sitting passively alone and paralyzed at the edge.

When we refuse to grieve:

- Unresolved grief is a factor in the development of a wide range of psychological problems, including outbursts of rage, restlessness, depression, addiction, compulsion, anxiety and panic disorders.
- Unexpressed grief can lead to medical problems or make current problems worse, such as diabetes, heart disease, hypertension, cancer, asthma and a variety of allergies, rashes, aches, and pains.
- We are at odds with our body's built-in physical processes to deal with a traumatic event.
- We are at odds with God's desire to meet us in the midst of the fire of our trauma, missing out on His plans to deepen our faith and strengthen our relationship with Him.

How NOT TO grieve

Some people will do *anything* rather than to engage in the hard work of grief – and think they are accomplishing something. These actions may make us feel a little better temporarily, but it doesn't move us out of our sad state. The following is a list of ways people try to cope with their situation without actually facing their grief. Put a check mark next to any that you think you might engage in from time to time.

- ☐ **Act out** – giving in to the pressure to misbehave or engage in destructive behavior.
- ☐ **Aim low** – to what seems more achievable; avoid challenging yourself to excel.
- ☐ **Attack** – beat down whatever – or whomever – you think is threatening you.
- ☐ **Avoid** – stay away from anything or anyone that may cause you stress.
- ☐ **Compensate** – make up for weakness in one area by trying to gain strength in another.
- ☐ **Deny** – refusing to admit that the event even occurred.
- ☐ **Displace** – shifting a negative action to a safer target (like kicking the dog).
- ☐ **Fantasize** – escaping reality to a false world of unachievable wishes.
- ☐ **Idealize** – overstating the good points of a desired action and ignoring downsides.
- ☐ **Identify** – copying others to take on their desirable characteristics.
- ☐ **Intellectualize** – avoiding emotions by focusing only on facts and logic.
- ☐ **Passive aggression** – getting your way by acting meek and unresponsive.
- ☐ **Project** – seeing your own undesirable characteristics in others.
- ☐ **Rationalize** – creating logical reasons for bad behavior.
- ☐ **Regress** – returning to a childlike state to avoid problems or responsibility.
- ☐ **Suppress** – consciously holding back unwanted urges while ignoring the root cause.
- ☐ **Trivialize** – making something minor when it is really something important.

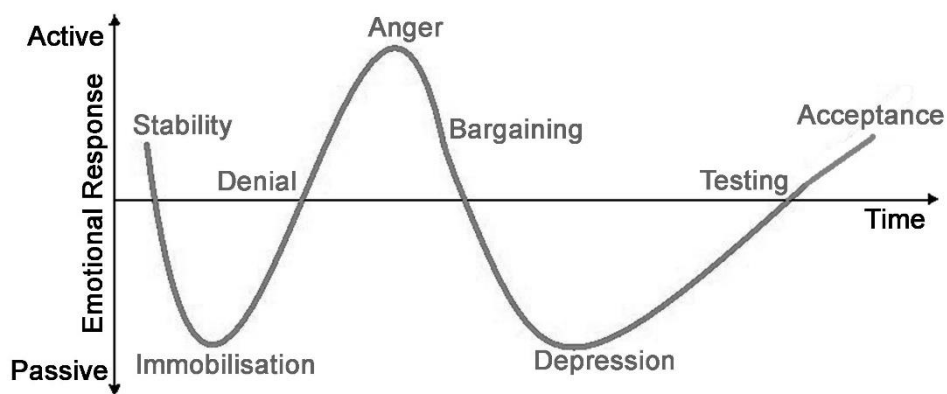
If you recognize any of these behavior patterns in yourself, you first need to see them for what they are: hoped-for shortcuts to restoration which won't get you there at all. Ask a friend if they see you engaging in any of these behaviors.

Then, make it a matter of prayer. Ask God to help you realize when you're avoiding your grief work by falling into these habits. Then ask Him to help you partner with Him in the process of grieving.

How TO grieve

Be aware of the process. It is a process, for sure. But it's not a *precise* process. Everyone will process their grief a bit differently than the next person. However, there are some general descriptions that are useful – kind of like milestones along a journey – to let you know that you are making progress (or *not* making progress).

Elizabeth Kübler-Ross was a Swiss doctor who studied the subject of grief for many years. In her book *On Death and Dying* she reports that there is a general pattern that most people experience when they encounter a life-changing trauma or crisis. It's been called “**The Kübler-Ross Grief Cycle.**” Here are the seven stages she describes:



- **Immobilisation stage** – Shock; feeling paralyzed after being exposed to the crisis or trauma; can’t decide what to do next.
- **Denial stage** – Trying to avoid the truth. *No! This can’t be happening! Or, It didn’t affect me; it wasn’t that bad. Or even, It never happened. I just imagined it.*
- **Anger stage** – Frustrated outpouring of bottled-up emotion. *Life is horrible!!* Rage seething below the surface at all times; lashing out at anyone for the slightest reason; blaming others.
- **Bargaining stage** – Seeking in vain for a way out. Promising God that you’ll perform a certain action if He’ll fix things; setting conditions for healing, like: *When the war stops, then I’ll get well.*
- **Depression stage** – Final realization of the truth. A very sad time, but also the turning point, because the griever finally understands that he or she won’t be able to restore life to the way it was.
- **Testing stage** – Seeking realistic solutions. *Maybe I should try getting out more. Maybe I should talk with someone about my situation. Maybe I should join that Bible study I heard about.*
- **Acceptance stage** – Finally finding the way forward. They are now fully acknowledging the trauma or crisis. *It was bad – real bad – but I survived. I’m going to make it. My world changed, but I can live in this new world. I could even prosper.*



- As you think about the trauma you have experienced, and the grief you feel now over your loss, which of the above stages best describes your current state of mind?

A few words about the process. As mentioned before, it’s not precise. You may not hit all of these stages. You may skip a stage and then go back to experience it later. You may go through

one stage quickly and easily and sit in another stage for a long time. You may find yourself going back and forth between a couple of stages, or looping around to various stages randomly. No one can say for sure how you will deal with your unique trauma. Some would say it ought to be called “The Kübler-Ross Grief Scribble” and looks less like a nice, neat “cycle” and more like this:



Therefore, don't give in to the temptation to compare your grief process with someone else's. If you will keep your connections with God strong during this process, He will take you through it in a way that will maximize every stage and bring you through to the final stage as soon as possible.

How long will it take? Honestly, probably a lot longer than you would like. In fact, if the trauma you experienced is very severe, the grief will always be there. It won't be dominating your life like it currently is, but there will always be that hole where the lost person or thing or dream used to be. That ache won't completely go away. But that's not all bad – consider it a memorial to the depth of the love and value it (or they) held before the loss. And God will use it:

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God.
– 2 Corinthians 1:3,4

How to mourn well

When we've experienced a traumatic event, grief is what we *feel*. Mourning is *what we do about it*. It is the action side of grief, the externalizing of our internal pain. And Jesus Christ – who knows *everything* – says that when we engage in it we are blessed and *will be* comforted (Matthew 5:4). Here are a few principles to keep in mind as you work out your grief through mourning.

- **Remember where God is**

Because of your wound, you hold a special attraction to the Lord. You've got His attention. He is a loving and merciful God, ready to aid anyone who will allow Him to. *Count on that!* You can expect Him to be present and responsive to your needs during this time. He is like your best friend who says, “If you need anything, don't hesitate to ask!” And He means it.

The Lord is near to the brokenhearted and saves those who are crushed in spirit.
– Psalm 34:18

Ask Jesus to enter your pain with you. Close your eyes and feel Him coming up behind you, wrapping His big arms around you and holding on tight. Let Him pull the pain out of your body, soul and spirit into His.

- **Aim steadily at faith's target**

Ask yourself this question: "What do I have faith in?" How did you answer? Assuming you didn't say, "Nothing," perhaps your answer was like one of these:

- "That God will bring me out of this depression."
- "That my leg will heal."
- "That my home will not be bombed."
- "That I could quit drinking so much."
- "That I can get past my anger."

These are all great faith *goals* and excellent requests to make to God, but they aren't what you should put your faith in. If you do – and they don't come about – what happens to your faith? The only answer to the question, "What do I have faith in?" should be "**God.**" Whenever we tie our faith to our circumstances or to a particular desire, we take God off the throne of our life and set ourselves up for great disappointment.

Our real hope should not be in something we want to see happen, but in God, who is making something *good* out of our situation even though we can't see it. A person of mature faith will boldly express his strong desires to God, and then leave them in His wise and loving hands – no matter what. He'll always do what's best. Sometimes we may be trying very hard to get God to change our circumstances, while He is using our circumstances to change *us!*

- **Don't try to do it alone**

Grief is hard on a person and mourning is difficult work. Effective grief work is not done alone. Don't try to be the pillar of strength to everyone around you. You'll crumble. Be sure to find a few people that you know you can count on to be there for you when you need them.

When you are grieving, it's like you have fallen down into a cistern. You can't get out by yourself – you need a friend to throw you a rope. Be sure you have friends around you who can help pull you up.

- **Do something with your anger**

When anger is bottled up it changes into bitterness. And, as we learned earlier, that bitterness will spread beyond the borders of your life. It's OK to be angry. It is a normal, reasonable emotion when we are confronted with unjust, hurtful or grievous events. It is recorded in the Bible that Jesus Himself became angry on a few occasions (Mark 3:1-5; Mark 10:14; John 2:13-16). But it's what we *do* with that anger that can lead to sin.

The Bible says in Ephesians 4:26, "*In your anger do not sin.*" When you feel the anger rising up within you, first remove yourself from the physical cause of your anger if you can. For instance, if it's a person, leave the room; if it's your location, go somewhere else. It's like removing wood from the fire. No wood, the fire soon goes out. Go out for a run; do push-ups and sit-ups, dig a garden; chop down a tree; plant a tree; ride a bike. Or if you're able, do something truly constructive: go help someone who needs it; build something; get involved in some relief efforts; ask your pastor how you could help at your church.

- **Go with the flow (of tears)**

Men normally find this harder than women. They seem to be reluctant to engage the strong emotions associated with grief. It has a lot to do with society's programming: "Big boys shouldn't cry." Maybe not – but big *men* should when it comes to grief and mourning.

How "manly" was King David? He beat a three-meter-tall giant in a fair fight, killed a lion and a bear in hand-to-hand combat as a boy, and took the foreskins of two hundred Philistines as a dowry for his bride. He had a man under his command who single-handedly killed eight hundred men in one battle (that's in the days before automatic weapons, by the way). He had another who successfully defended a strategic position against the entire Philistine army and another who killed three hundred men in one battle with a *spear*. And David was *their boss*. We can rightfully assume he was "all man."

And yet, David did not hesitate to fully engage his emotions during times of grief:

I am worn out from groaning; all night long I flood my bed with weeping and drench my couch with tears. – Psalm 6:6

I went about mourning as though for my friend or brother. I bowed my head in grief as though weeping for my mother. – Psalm 35:14

I am exhausted from crying for help; my throat is parched. My eyes are swollen with weeping, waiting for my God to help me. – Psalm 69:3

- **Make a Grief Memorial**

Researchers in the field of grief and mourning have learned that memorials play a very important role in starting the grief process and bringing healing. That's why we have funerals and memorial services. That's why we have gravestones. These things are meaningful experiences and symbols of our grief. We need them.

How can you memorialize the grief that is attached to your trauma? What can you do or construct that will provide a physical expression of your pain, something that will symbolize your loss? This needs to be a personal gesture that you and God decide upon. It could be as simple as a smooth stone in your pocket from the battleground, a poem that you write and put up on the wall, or as obvious as a brick tower in your yard. You and God decide.

Signs that your mourning is working

As the consequences of your trauma and its effects sink in, a person in crisis asks a lot of "Why" questions. *Why did this happen? Why to me? Why now? Why did I do that? Why did she do that? Why did God let this happen? Why won't this pain stop? Why must I suffer so deeply?* These questions are all normal, typical and expected. No one faults you for asking them.



What were (or are) some of the "Why" questions you've asked? Write then down here:

The frustration of the “Why” questions is that most of them will never be answered this side of heaven. We are serious when we ask them, and we really do want answers. But the answers just don’t come.

When you start asking the “How” questions, that will be a good sign that you are making progress. *How can I build new dreams? How can I move on? How should I deal with my pain and loss? How do I get back into normal life again? How can I learn through what I’ve experienced?* These are all questions that *can* be answered. They look to the future, rather than the past. They spark action, rather than only thoughts. They invite help from God and from others.



How can you change some of those “Why” questions you thought of a minute ago into “How” questions? What other “How” questions should you be asking?

Conclusions:

- When you encounter a traumatic situation which involves any kind of loss, if you don’t allow yourself to fully experience the emotional grief of that loss, you will make it impossible to move past your sadness.
- It does no good to deny that the trauma happened or to act like it was a minor thing.

God wants to walk with you through your time of grief. There are specific attitudes and actions that you can engage in that will help you in **grieving** your loss and move you further along in your journey toward your place of healing.

Bridge 7:

DEFENDING

...yourself spiritually

Crossing the River of Spiritual Vulnerability

Submit therefore to God.

Resist the devil and he will flee from you.

Draw near to God and He will draw near to you.

– James 4:7, 8

Resistance = Victory

“You are a *soldier*, Misha. You are stronger. You need it more. You *deserve* it more than that fat, lazy Vadim. Go on – take it!”

Misha was looking at the roll of hryvnias that he had accidentally found hidden in his host’s storage shed. He needed the money – very badly. Since he had come back from the front, things had not gone well for him. His former job was gone. No income. No savings. He felt vulnerable, exposed, even suspicious that some of his mates would try to take advantage of him.

“Take it, Misha!” The voice in his head was clear and urgent.

“And what do I do if I am discovered having stolen from a man who has shown me kindness, and taken me in?”

“You can just kill him if he finds out. People are killed around here all the time – there’s a war going on! Who would notice? Who would care? Who would connect you with the crime?”

Misha mumbled, “It would certainly buy a lot of beer...”

“Yes, that’s right! And beer is the one thing that calms you down. It’s medicine for you! Certainly there isn’t anything wrong with you getting medicine, is there?”

“And there are so many people I owe money to. It could solve a lot of my problems.”

“So why do you hesitate? It’s *yours*. Take it and let’s go!”

Misha felt the weight of the roll of bills in his hand. It was more money than he had seen in a long time. He *should* take it. He had sacrificed enough as a soldier – now it was time to be paid back.

Then another voice came to his mind. *You shall not steal. You shall not murder.*

There was a struggle in his heart, a fight. Finally it was like Misha woke up from a dream. “What am I doing? This is wrong! Satan! Now I recognize your voice! You act like you’re giving me good advice, but you’re trying to *kill* me! You are tempting me to go against my friend and

against God's law. It is written: *You shall not steal*. So I command you in the name of my Lord Jesus Christ, shut your mouth and *leave me!*"

"You're a *fool!*" Satan muttered as he left. Immediately Misha felt better, stronger, happier.

"Jesus, thank you for helping me. I'm sorry I even *considered* stealing Vadim's money. But I am blessed that You walk with me all of the time and direct my steps away from the traps my enemy sets for me. Now, I'm going to take this money to Vadim and tell him to find a better hiding place!"

Know your enemy

There is an ancient Chinese warrior named Sun Tzu whom military commanders have studied for centuries, because his wisdom concerning how to successfully defeat an enemy is so effective. One of his sayings is: **"Know the enemy and know yourself. In a hundred battles you will never be in peril."** The Apostle Paul expressed the same idea regarding our need for preparing to defend ourselves against our spiritual enemy in 2 Corinthians 2:11: *"We are not ignorant of his schemes."*

We must always remember – whether we are on a physical battlefield or not – we are locked in a desperate war against a deadly enemy: Satan. It may not seem like it sometimes, because the devil is a master of deception. The spiritual war our souls are engaged in is as real as the ones that use bullets and bombs. But many soldiers of God's Kingdom don't know their enemy, and don't even know there is a war! May this not be true of you.

His tactics

You can observe many of Satan's tactics in this chapter's opening story. Most of them have to do with deception. As Sun Tzu also said, **"All war is based on deception."** See if you can find an example of each of these statements in the story.

- Sometimes Satan will appeal to your pride to get you to sin. (Matthew 4:8,9)
- Sometimes he will focus on your needs, and appeal to the logical conclusion that you should have your needs met. *"After all, God wouldn't want you to suffer, would He? He wants you always happy, right?"* (Matthew 4:3) Satan loves to hit you when you are down – sick, depressed, in pain.
- Sometimes he will offer his temptations disguised as a suggestion for improvement. *"If you do this, you will be better off, more successful."* (Genesis 3:4,5)
- He will never seem terribly evil to you; he will make himself appear like "an angel of light." (2 Corinthians 11:13-15)
- He will always seek out your areas of vulnerability, your weaknesses, areas of your life where you frequently have trouble, places where your spiritual armor has slipped. (Ephesians 6:13) If you are struggling with war-related trauma, your symptoms will show your vulnerable places – so these must be especially defended. Be aware that a smart enemy will always attack the place that is the least protected. He won't come at you in your areas of strength.

- He will try to get you alone, where no other Christians are available to help you. (Matthew 4:1)
- He will try to snatch away or drown out God's voice and His Word in your heart. (Luke 8:11,12)

Satan's primary tactic – Doorways and Footholds

Doorways

Genesis 4:1-12 records the birth of Adam and Eve's first two sons, Cain and Abel. Unfortunately, it also records the first murder in history – inspired by The Murderer himself. Cain and Abel had made offerings to God, and for some reason Cain's was not acceptable. We are not sure why – perhaps it had to do with Cain's heart attitude as he presented it. Cain became very angry and resentful. God could see what was in Cain's heart and told him about it, giving him some very valuable advice – which Cain did not take. In verse 7, God tells Cain,

*“Why are you so angry?” the LORD asked Cain. “Why do you look so dejected? You will be accepted if you do what is right. But if you refuse to do what is right, then watch out! Sin is crouching at the **door**, eager to **control** you. But you must subdue it and be its master.”* – Genesis 4:6,7 (NLT)

What? Control? I thought Satan was offering us freedom! Anyone who has given in to the “freeing” temptations of Satan knows they all eventually lead to bondage. It's interesting that in the last book of the Bible, Jesus also talks about standing at the door:

“Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with Me.” – Revelation 3:20

The door that is being spoken of at both ends of the Bible represents our **will**. Whatever we allow to come through that door will influence our choices, our life, and our destiny – for good or for evil. And in both verses, we have control of the door. *We* decide who or what comes in, and who or what does not.

God describes sin (Satan) as crouching just outside the door of your will, trying to convince you hold it open for him – because he wants to control you, little by little. You've got two options. You can slam that door shut, sending a loud and clear message to both him and God that you're not interested in his suggestions, or you can leave it open a crack. By doing that, you're saying, “Satan – I'm open to suggestions. How would you meet my needs?” He'll make his proposals. And if you're foolish you'll listen to them. He makes them sound *very* good and smart. So after a short period, you may find yourself opening the door to him.

Footholds

The same principle is presented again in the New Testament:

In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold. – Ephesians 4:26,27 (NIV)

As we mentioned earlier, being angry is not a sin. But what we *do* when angry *can* be sin, or our anger can eventually *lead* us to sin if we don't deal with it soon. If we let negative attitudes stay in our minds, we run the risk of giving the devil a "foothold."

When climbing up a steep cliff, you need to find a series of footholds to make progress. One foothold will not take you to the top – each one enables you to make it to the next. This is a key point to remember about how Satan will try to influence your life. He won't blast in and take over all at once. He can't – you would notice such an obvious move. But if he can gain a little foothold – get you to agree to letting him have just a tiny bit of control in a small area of your life, he's gotten just a little closer to conquering you in larger areas. God's advice to you: Don't give him even the first foothold! Once you've given it to him, it will be difficult to get it back!

One other important point: How does Satan get a foothold? **We give it to him.** He cannot seize it by force. He can't control our will. But he can deceive us into thinking that we will benefit by agreeing to his suggestions. So we give him that tiny foothold in exchange for something we think will be of more value. We are always wrong.

Defending our areas of weakness

Each of us has areas of weakness, and poorly-defended places in our lives. Satan is aware of them, and *that's* where he waits. He won't waste time in your areas of strength – he's a skilled strategist patiently seeking out your soft spots and looking for an opportunity to strike. You will do a better job of setting up a good defense if you will take the time to figure out where your weak places are. Spend a few moments right now and ask the Lord to reveal to you where they might be. Where are your areas of frequent defeat? Which temptations are difficult for you to handle? Where have you fallen before?



Possible Doorways and Footholds

Please keep in mind that this list represents possible doorways. Just because you have experienced one or more of the occurrences listed below, it doesn't mean that you have opened a doorway or provided a foothold for the enemy. But you *may* have. Ask God if one of these represents an open door in your life.

1. Listening to occult (Satanic) music.
2. Possessing occult pictures, charms, books, games.
3. Holding on to grudges or bitterness against God and others.
4. Rebellion against authority.
5. Dating relationships or close friendships with demonized people.
6. Sexual immorality with demonized people.
7. Participating in sexual immorality with anyone.
8. Sexual involvement with a prostitute, even once.
9. If you have ancestors or dead relatives who accepted Satanic influence
10. If you have parents, relatives or other close authority figures who have accepted Satanic influence, such as a witch, spirit healer.
11. Going to a fortune teller, having an astrological chart or forecast made.

- | | |
|---|--|
| <p>12. Involvement in psychic phenomenon, such as astral projection, levitation, spells, magic, fortune telling, séances, channeling.</p> <p>13. Involvement in or attending occultic rituals, festivals, masses, sacrifices, etc.</p> <p>14. Participation in false religions or cults.</p> <p>15. Wrong use of drugs, alcohol, or herbs.</p> <p>16. Hedonism; an absorbing pursuit of entertainment and/or body pleasure.</p> | <p>17. Fascination with violence and death.</p> <p>18. Killing people or animals for “fun.”</p> <p>19. Long-lasting jealousy or anger.</p> <p>20. Pornography; especially child porn.</p> <p>21. Going without sleep for a long period.</p> <p>22. Meditation on anything other than God’s revealed truth.</p> <p>23. Chanting or other cultic/occultic forms of worship.</p> <p>24. Rape/incest (whether victim or victimizer).</p> |
|---|--|

Closing Doorways

“You must subdue it and be its master.” (Genesis 4:7) Whenever you become aware of an open door in your life, there are three steps you need to take in order to shut it:

- 1. Confess and repent of opening the door.** If it was due to a willful choice on your part, this step is obvious. Go back to Bridge 4 for a review on confession and repentance. But some doorways may have been opened when you were in a passive state, and not disobeying God at all – like when you were under anesthesia or traumatized in a battle. It may be that you later made a willful choice due to something that began then. It could be something like becoming addicted to pain medicine after surgery, or a strong urge to kill that developed sometime after your war experiences. In those cases, you should confess the sin, but also make the decision to close the original door.
- 2. Take action to demonstrate repentance and purify your life.**
 - Release resentment, anger and bitterness.
 - Seek forgiveness from anyone you offended or hurt.
 - Restore anything that you stole or destroyed.
 - Renounce occultic (Satanic, non-Christian religious) involvement.
 - Destroy any offending objects (occultic charms, crystals, and games, pornography, books, Satanic music, drugs, alcohol, etc.).
 - Break off any harmful relationships (prostitutes, drug dealers, lovers outside of marriage, criminals)
 - Put yourself back under God’s authority (re-filling of the Holy Spirit).

3. Once again ask for the filling of the Holy Spirit. (Bridge 3) **Suggested Prayer:**

Father, I confess that I have opened a door to my enemy. I have given him a foothold. I was vulnerable and deceived when I made the decision, but I’m still responsible for it. I confess to You that I [describe what you did to open the door]. I agree with You that it was sin, and I’m sorry for it. Please forgive me. On the basis of Your promise in Your Word, I accept your forgiveness of my sins. Thank You.

And now, Father, before You and before all the forces of darkness, I renounce my decision and renounce my opening of that door. I shut that door and take back that foothold. Satan, I remove your authority and ability to influence me in that area any longer. I bind you back from it in the name of Jesus Christ, who is my Lord, Savior, and King.

Father, please strengthen that area of vulnerability. May it no longer be an undefended place. I commit to taking any further action You tell me to regarding this matter.

I give the throne of my life back to You once again. Please fill me, control me, guide me and empower me with Your Holy Spirit. Amen.

Our Weapons

Weapon #1: Authority

The weapons of our warfare are not physical weapons of flesh and blood, but they are mighty before God for the overthrow and destruction of strongholds. – 2 Corinthians 10:4

Being one of the most powerful beings God ever created, and perfecting his warfare skills for centuries, Satan is an enemy more powerful and deadly than anything we can imagine. If we had to go head-to-head with him in our own strength, he would squash us like bugs.

But the Bible talks about the authority we have been given as servants and soldiers of Jesus Christ. The Greek word for it is:

Exousia: “Right, power, authority, ruling power, a bearer of authority.”

It's more than *just* power – it's power *plus* authority. It's like in rugby. There are thirty men on the field with awesome power. They are strong, fast, and can cause pain in many, many ways. But they are not in authority. There are five or six other guys down on the field wearing different-colored shirts and blowing whistles called referees who have *exousia*. The rugby players can put people *down*, but the referees can put people *out*. That's *exousia*!

Ephesians 1:19-23 has much to say about Jesus Christ's *exousia*.

That power is like the working of His [the Father's] mighty strength, which He exerted in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly realms, far above all rule and authority [exousia], power and dominion, and every title that can be given, not only in the present age but also in the one to come. And God placed all things under His feet and appointed Him to be head over everything for the church, which is His body, the fullness of Him who fills everything in every way.

Colossians 2:9,10 states that someone else besides Christ *also* has this same fullness and *exousia*. Who is it?

*For in Christ all the fullness of God lives in bodily form, and **you** have been given this fullness in Christ, who is the head over every power and authority [exousia].*

Your place of warring:

There is no authority in the universe higher than Jesus Christ's. No king, no general, no president, no demon, no angel – not even Satan himself can stand before Christ's *exousia*. And since we are now His children, God has equipped us to operate in that same authority as we deal with the forces of darkness. And we have this authority because of Christ's willingness to die on the cross and rise again, thereby defeating Satan, sin and death once and for all. We fight from a place of **victory** and **authority**, seated with Christ in His heavenly command center (Ephesians 2:6).

Weapon #2: Our Spiritual Armor

In rugby, football and war, we have learned that without a good defense, we have no offense. In the heat of a military battle, it doesn't matter how skillful we are with our offensive weapons, if we take a bullet in the chest, we're done. That's why men invented armor. But God created *spiritual* armor long before that for our spiritual battles.

*Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the **belt of truth** buckled around your waist, with the **breastplate of righteousness** in place, and with your **feet fitted with the readiness that comes from the gospel of peace**. In addition to all this, take up the **shield of faith**, with which you can extinguish all the flaming arrows of the evil one. Take the **helmet of salvation** and the **sword of the Spirit**, which is the word of God. – Ephesians 6:13-17*

Consider briefly each element of the armor God has given us:

Belt of Truth. Satan's chief tactic is deceit. Our only counter move is truth. As we strap on this Belt of Truth, it alerts us to the lies and deceitful tactics of the enemy and helps us fight with efficiency.

Breastplate of Righteousness. The breastplate's main function is to protect the organs that are vital to your life. You can function without a hand or a leg, but if you lose a heart – that's it. Our hearts are guarded by the righteousness of Jesus Christ that was given to us when we were saved.

Sandals of the Gospel of Peace. Sandals protect your feet and give you traction and stability. Without them those who haven't walked barefoot a lot would move too slowly and fearfully – an easy target in battle. Since we have responded to God's "good news," He gives us peace even in the midst of the battle.

Shield of Faith. As we believe in and count on His power and authority to protect us, our shield will stay solid and we will be protected. If we shift our focus to our enemy and his strength, our faith can waiver.

Helmet of Salvation. As the breastplate protects our body's vital organs, the helmet protects our other vital organ and the command center of our lives: our brain. If the head is injured, the rest of the body will not work. Satan's *main* attacks will focus on our *minds*. God's salvation protects us from Satan's influence.

Sword of the Spirit. This is a unique element, because it can be both a defensive *and* an offensive weapon. The sword is the Word of God. When Jesus was attacked by Satan in the wilderness (Matthew 4:1-11), He turned aside every thrust of His adversary with a verse of Scripture and defeated him.

Weapon #3: The Word of God

The way things are accomplished in the spiritual realm is not through muscle-power, electricity, computers, bulldozers or bombs. They are accomplished by *the spoken word*. For an interesting study on this, look up the following verses and see how God, Jesus and His disciples used the spoken word to accomplish spiritual work:

- Genesis 1:3
- Matthew 4:10
- Matthew 9:6
- Matthew 12:13
- Mark 1:25,26
- Mark 4:39
- John 11:43,44
- Acts 3:6-8
- Acts 13:8-11
- Acts 16:18

In the listing of your spiritual armor, the Sword of the Spirit is clearly equated with God's Word. When God wanted to create, He commanded matter into existence. When Jesus wanted to defeat Satan, heal, calm a storm, raise the dead or control a demon, He spoke a word of commandment. When Jesus' disciples needed to heal or do spiritual warfare, they followed His example and spoke commands as representatives of their Master.

This is also how Jesus wants *you* to fight your enemy. You occupy the high ground, you have superior fire power, righteous authority and spiritual allies (angels). You accomplish spiritual war by *speaking* your commands to your enemy, just as Jesus did when He fought Satan in the wilderness in Matthew 4.

Re-read this chapter's opening story and see how Misha addressed his enemy when he realized he was being attacked. Here are the main principles he used:

1. He spoke to Satan directly.
2. He resisted him, using the authority he had been given as a child of God.
3. He got out his sword – he used the Word of God as the legal basis of his resistance.
4. He verbally commanded Satan to be silent and to leave.
5. Immediately afterward he spent time talking to God and worshipping Him.

Conclusions:

- Satan, like a roaring lion, is seeking to devour you (1 Peter 5:8). He doesn't want to trip you up, make you feel bad, embarrass you, or injure you. He wants to *destroy* you. Take this *very seriously*.
- But God is on your side. He has provided you with a vast array of defensive and offensive weapons which – if used properly – will keep you safe from the influences of your enemy.
- Be sure that Satan has not already wounded you, by checking for Doorways and Footholds.

As you become more aware of the tactics of your enemy and more skilled at **DEFENDING** yourself, you will move ever-closer to your place of healing.

Bridge 8:

SEEING

. . . who you really are

Crossing the River of Self-Hatred

Forgetting the truth

Dima was walking down the main street of his town, on his way to visit a friend. As he crossed a street, he glanced down the sidewalk to his right and saw a man sitting on the ground staring straight ahead. His clothes were dirty and torn, his hair had not been groomed for quite a while, and there was an empty vodka bottle on the ground next to him. There was something familiar about him, so Dima slowed down and looked harder at the man.

Finally, he recognized him. "Nikita? Is it you?"

The man slowly turned his head, looked Dima in the eyes, and then looked away again. "No, you've got the wrong guy."

Dima walked over to him. "Nikita it's me, Dima. I remember you from school. We played football together. Don't you remember me?"

Nikita looked down at his hands. "Yes, I remember you, Dima. It's good to see you. But I'm not who you remember me to be."

"The last I heard, Nikita, you had gone off to military training school. They had made you an officer, and everyone was very proud of you! Something . . . something must have happened. How have you come to this?"

Nikita squinted up at Dima. "You don't want to know. Nice seeing you – now go away."

Dima sat down next to Nikita and said, "Sorry, it appears my legs won't hold me up any longer. I must sit down. So while I'm here, tell me what happened, and why you are sitting here like this."

Nikita put his hands over his bloodshot eyes, shielding them from the sun. "Dima, you shouldn't waste your time here with me. You were going somewhere, I'm not. So go. I'm not worth your concern."

"Nikita, my friend, I don't believe that for a moment. We are friends. We were teammates. We grew up together. I *am* concerned about you, and I want to hear your story."

Nikita looked over at Dima and smiled a crooked smile. "Do-gooder. You always were a do-gooder."

"And you always were the best player on our football team. The fastest, the strongest, the craziest – we had a great team, didn't we?"

Nikita put his hands back over his eyes. "Well, those days are gone. I'm nothing now. Dima, my body and my mind are broken. I am a drunk, a cripple, I can't keep a job, my wife has left me

and took the children, and I don't know how I'm going to keep alive. The war did this to me. There is no hope for me now. I am a worthless nobody."

"No. I don't accept that. I know you, and God knows you – even if *you* have forgotten who you are. You are *not* broken, you are *wounded*, and you're not dead yet. Let's go get some coffee. I'm going to remind you who you are."

Combat Trauma and self-hatred

Call it what you want – it has many names. Low self-esteem, negative self-image, broken self-identity, poor opinion of yourself, pessimistic self-view . . . but it all comes down to this: *self-hatred*. If Satan can get you to be overly critical of yourself and to judge yourself so harshly that you hate yourself, it's only a short walk from there to suicide, which is your enemy's ultimate objective for you.

When a person experiences severe trauma, how they see themselves is often shaken to the core. While they used to see themselves as clear-thinking, self-sufficient, capable, strong, and worthy, those characteristics are replaced by feelings of fear, confusion, powerlessness, and helplessness.

The effects of this negative self-image bleed into your behavior too – destroying your plans, activities, priorities, reactions, values, hopes, dreams, ambition, social interaction . . . the list goes on and on.

While trauma may have started the fire of your self-hatred, there are three other factors that continue to add fuel to that fire: **Satan, the world around you, and negative self-talk**. These three work together to make you believe in yourself less and less, and rob you of your hope for a good future. We must expose these three enemies, see the damage they have already done, and recognize their attacks as they come.

Self-perception Assessment – How you see yourself

Dr. Steven Stosney, an international authority on trauma and victimization, has developed a very useful tool that will help assess your current self-perception – how positively or negatively you see yourself. Dr. Stosney's normal approach goes much deeper than we'll be able to apply in this writing, but some of the parts will be very useful here. There are eight types of self-perception listed below – the positive side and the negative side. Place an "X" somewhere on each line that indicates how you currently see yourself. In each category, would you say you are farther to the left, or to the right?



Respected ----- Not Respected

Important ----- Unimportant

Forgiven ----- Accused/Guilty

Valued ----- Not Valued

Accepted ----- Rejected

Powerful ----- Powerless

Lovable ----- Unlovable

Connected ----- Separated

Obviously, your enemies want your “X’s” as far to the right side as possible, which keeps you in a vulnerable position. If that’s where your X’s are today, it’s because you have been fed **LIES!** Here’s what the Son of God says about Satan:

He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.

– John 8:44

At this moment, you may not be on a physical battlefield, but you *are* in a war. And as you learned as you crossed Bridge 7, all war is based on deception. Satan has been perfecting his deceptive tactics for thousands of years. In this chapter, we’re going to expose as many of Satan’s lies as we can. When deception is exposed, the ones who *used to be* deceived now have an advantage. We want you to be able to say with the Apostle Paul, “We are not ignorant of his schemes.” (2 Corinthians 2:11)

These lies were created by Satan himself. He’ll whisper them in your subconscious at your weakest moments. You’ll be reminded of incidents in your childhood that “prove” them. He’ll tell you how your current traumatized condition also “proves” his lies. He’ll reinforce them with messages coming at you from the world system that surrounds you. He’ll be sure you’re listening when your friends echo the same lies either accidentally or on purpose. And before long, he’ll have you telling *yourself* the lies. And we all know how closely we listen to our own opinions.

But why should you believe the lies of your enemies? Instead, you should feel confident about believing the truths that come from the One who created you and who loves you enough to send His Son to die for you. Following are **eight deceptive traps** Satan and the world have laid for you. Consider whether or not you’ve heard them before. Each lie will be followed by the countering **TRUTH** that God wants you to hear and believe.

Deception #1: Not Respected

Lies of the enemy:

- You are a nobody.
- No one cares about you. Why should they?
- No one wants to know you.
- You don’t deserve the respect that others receive.
- Who do you think you are, anyway?

Have you heard any of those comments before? Have you made them to yourself? Maybe those exact words weren’t used, but after their world has been turned upside down, many war-related trauma victims hear and believe these satanic messages. “You’ve proven to be someone who should not and must not be respected.” You hear that, you look at your situation, you look at how people respond to you, and you may believe in the “truth” of those lies.

Spiritual IEDs (Improvised Explosive Device – like a hidden roadside bomb). To be effective, every lie must have an element of truth. No good deception ever *looks* like a deception. The IEDs that are so effective at wounding and killing people look harmless: a tuft of grass beside the road, a bit of trash, a little rubble. That's why they work. If we don't have some information to the contrary, we assume that the lies we see and hear are the truth.

Well, God wants to give you *true* information that counters Satan's deceptions. Your trauma has changed you – that's the element of truth. But for you to say, "Because I have changed and I am not functioning as I used to, I am not worthy of respect" is an absolute lie and needs to be opposed by God's truth.

Not only is God's Word *true*, but it is also *living and active* according to Hebrews 4:12. That means that the Bible is not just words that some ancient prophet scribbled on paper several centuries ago. It continues to live today. And as you read those words, and as the Holy Spirit energizes and breathes life into them, they become the words of God spoken directly to *you*, right here in the twenty-first century.

The above facts hold true for all eight of the lie-counteracting truths that we will be examining below . . .

Your TRUE Identity: Respected



Answer the question after each verse. These verses tell the truth about who you *really* are.

[Jesus speaking:] *I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from My Father I have made known to you. – John 15:15*

- Jesus Christ, the Son of God, calls you His _____.

So now Jesus and the ones He makes holy have the same Father. That is why Jesus is not ashamed to call them His brothers and sisters. – Hebrews 2:11

- Jesus Christ is not ashamed to call you His _____.

Even before He made the world, God loved us and chose us in Christ to be holy and without fault in His eyes. – Ephesians 1:4

- You were known, loved and chosen by God how long ago?
_____.

Now you are no longer a slave but God's own child. And since you are His child, God has made you His heir. – Galatians 4:7

- You are God's child and also His _____.

The above Scriptures describe *you* as a friend, brother (or sister), child and heir of the King of the Universe! He has had plans for you even since before He created Adam and Eve. And you can be sure He's *really* excited that you finally showed up! You are ***loved*** and ***highly respected!***

Deception #2: Not Important

Lies of the enemy:

- No one wants to hear your opinions.
- You're a little fish in a big lake.
- Go sit on the sidelines.
- Don't call us, we'll call you.
- What have you ever accomplished?

Your TRUE Identity: Important



After each verse, answer the questions which identify who you *really* are.

But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name. – John 1:12

- Assuming you have received Christ, you have rightly been named as what?
_____.
- When you consider all of eternity and all the other animals and angels that God created who are *not* called His children, how important would you say *that* was?
_____.

You are the salt of the earth. – Matthew 5:13

- God has made you His _____ on the earth. As such, what will your influence be?
_____.

You are the light of the world. – Matthew 5:14

- God has made you His _____ in the world. How will this help the world?
_____.

Not only do you hold important positions as an eternal child of God, His seasoning and His light in this world, you have been trained and qualified for unique future leadership in Christ's Kingdom on earth. He was wounded, and all those who follow Him also receive wounds, as you have. You've been through the refiner's fire. The Bible predicts that in the end times society will crumble and treacherous times will come – and those times may come very soon – we may already be experiencing them. Who better to lead us through those traumatic times than someone like you? You have been to hell and back. It is hated but familiar territory for you. You are *important* now, but in the coming years you will be *extremely valuable*.

Deception #3: Accused/Guilty

Lies of the enemy:

- You did a terrible thing.
- You are unforgivable.
- You need to be punished.

- You can't be trusted.
- Everyone knows what a hypocrite you are.

Your TRUE Identity: Forgiven



You already learned a lot about forgiveness when you crossed over Bridge 4, but a little more input shouldn't hurt. After each verse, consider what each says about who you *really* are.

***Therefore there is now no condemnation for those who are in Christ Jesus.
– Romans 8:1***

- Assuming you're a Christian, what will you *not* experience?
-

Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ. – Romans 5:1

- You have been _____ by faith, which means "declared not guilty." So you are no longer at war with God. Now you have _____ with Him. You and God are no longer enemies. Your war crimes are no longer being held against you.

Their sins and lawless acts I will remember no more. – Hebrews 10:17

- What does God think about your sins and lawless acts?
-

Deception #4: Not Valued

Lies of the enemy:

- We don't need you.
- You're not good enough.
- You don't have what it takes.
- You are absolutely worthless.
- We will find someone better than you.

Your TRUE Identity: Valued



After each verse, see why your true designation is "Valued by God":

The Lord appeared to us in the past, saying: "I have loved you with an everlasting love; I have drawn you with loving-kindness." – Jeremiah 31:3 (NIV)

- Who loves you? _____ How long has this been going on?
 - How valuable do you think being loved eternally by God and brought into an everlasting love relationship with Him makes you?
-

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body. – 1 Corinthians 6:19, 20 (NLT)

- What has your physical body become? _____
- When Israel was strong, and before Christ came, the Temple in Jerusalem was the one place on earth where God met with mankind. It was the most magnificent and expensive building on the planet at the time for that reason. Since Christ's resurrection, we have become the Temple of God. Now we are where God is manifested and represented. So, would you say we are valuable or not valuable? _____
- Additionally, this verse says we were bought with a high price. What was the price that God the Father paid to buy us? _____

Deception #5: Rejected

Lies of the enemy:

- You are a failure.
- Please leave.
- No one wants you.
- You are not qualified.
- Everyone else is better than you.

Your TRUE Identity: Accepted



After each verse, observe why your true designation is "Accepted by God":

To the praise of the glory of His grace, by which He made us accepted in the Beloved. – Ephesians 1:6

- God's grace made you *what* in the Beloved (Christ)? _____

As you come to Him, the living Stone – rejected by men but chosen by God and precious to Him – you also, like living stones, are being built into a spiritual house to be a holy priesthood, offering spiritual sacrifices acceptable to God through Jesus Christ. – 1 Peter 2:4,5

- The "living Stone" is Jesus Christ, who was rejected by mankind (when He was crucified), but chosen and precious to the Father. In the same way, you were selected by the Master Stonemason to be part of His spiritual house, and you are therefore shown to be *what* to God through Jesus Christ? _____

Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. – Hebrews 4:16

- Since we are allowed to approach God's throne "boldly", would this indicate that we are barely acceptable or totally acceptable to God?
-

Deception #6: Powerless

Lies of the enemy:

- You are weak.
- You are damaged goods.
- Can't you do *anything* right?
- How helpless can one person be?
- Someone always has to take care of you.

Your TRUE Identity: Powerful



After each verse, answer the questions which indicate your **power** as a son or daughter of the King.

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

- What kind of a "spirit" has God given us? _____

You are from God, little children, and have overcome them; because greater is He who is in you than he who is in the world. – 1 John 4:4

- "He who is in the world" refers to Satan and his allies. Between us and them, which one is the more powerful? _____

For everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith. Who is it that overcomes the world? Only he who believes that Jesus is the Son of God. – 1 John 5:4,5

- As a Christian, you are "born of God." "The world" referred to is the world system that is ruled over by Satan. When you and the world have a fight, who has the power to win? _____

Deception #7: Unlovable

Lies of the enemy:

- Who would ever love *you*?
- You are so ugly and boring.
- You really have no good qualities.
- You are beyond being loved – by God or by other people.

Your TRUE Identity: Lovable

You are of *infinite* worth. God was so much in love with you that He was willing to sacrifice His Son to redeem you from your sins. Even if you were the only person on earth, He would have done it for you. Obviously, there is *something* about you that is *infinitely* lovable! Answer the questions following each verse...



For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord. – Romans 8:38,39

- Make a list from the above verse of the things that God would fight through in order to get to you because of His love for you:

Greater love has no one than this, that one lay down his life for his friends. – John 15:13

- Jesus made this statement shortly before He was crucified. Who were the “friends” He was referring to, for whom He was about to lay down His life?

But God showed his great love for us by sending Christ to die for us while we were still sinners. – Romans 5:8

- How much love would it take for you to be willing to die for someone else? Would you do it for your mother? Your child? Your best friend? You may have had an experience in this war where someone got in harm’s way so that you could live. *That* was a supremely unselfish, loving act. But could you imagine being willing to die for someone who had betrayed you the night before, spit in your face, punched you in the stomach, stole your wallet, your car, and your wife? Would you be willing to die for a Russian soldier? You would have to hold incredible love and forgiveness to die for *that* person – probably beyond what we humans are capable of. And yet, that’s who we were when Christ died on the cross for us. That’s how much He loves us.

Deception #8: Separated

Lies of the enemy:

- You are alone and you should stay that way.
- No one wants you on their team.
- You shouldn’t bother other people so much.
- People wish you were not here.
- You don’t need anybody else anyway.

Your TRUE Identity: Connected



Answer the questions following each verse related to how connected you are to God and to His people.

You are connected to God:

[Jesus speaking:] *I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing.* – John 15:5

- What picture of “connectedness” did Jesus use to show how attached we are to Him? _____

***For you are all children of God through faith in Christ Jesus.* – Galatians 3:26**

- What are some deep, meaningful ways that children and parents are connected? _____

***I have been crucified with Christ; and it is no longer I who live, but Christ lives in me.* – Galatians 2:20**

- This verse indicates that Christ lives *where*? _____ Can you imagine being any closer than *that*?

You are connected to the Body of Christ – other Christians:

***All of you together are Christ’s body, and each of you is a part of it.* – 1 Corinthians 12:27**

- What are all Christians a part of? _____
- How connected are the various cells and organs of your body? _____

***You are no longer foreigners and aliens, but fellow citizens with God’s people and members of God’s household.* – Ephesians 2:19 (NIV)**

- This verse gives us two pictures of our “connectedness” with other people. What are they? _____

As you work through the difficulties of your war-related trauma, there will be times when you feel alone, rejected, unlovable, devalued and unimportant. That’s when Satan will do all he can to affirm and magnify those thoughts. It’s at that time that you need to recognize his tactics. He’s using deception to move you closer to defeat. He is **lying**. How can you tell when Satan is lying? Whenever you hear his voice! Counter his lies with the truth from God’s Word.

Here is a proclamation that declares the truth about who you really are in opposition to the lies of Satan. Make this proclamation daily, out loud if possible, based on what you just learned about yourself from God’s Word.

THIS IS WHO I AM:

Respected

I am a friend of the Almighty God of heaven and earth. (John 15:15)
Jesus is not ashamed to call me His brother (sister). (Hebrews 2:11)
I am chosen by God, holy and without fault in His eyes. (Ephesians 1:4)
I am an heir to the riches of the Creator of the universe. (Galatians 4:7)

Important

I have been rightly called a child of God. (John 1:12)
God has made me His salt and light in the world. (Matthew 5:13,14)
I am an eternal being. (John 3:16)

Forgiven

I am no longer condemned. (Romans 8:1)
I have been justified before the righteous Judge. (Romans 5:1)
I am at peace with God. (Romans 5:1)
God no longer remembers my sins. (Hebrews 10:17)

Valued

God loves me with an everlasting love. (Jeremiah 31:3)
I am God's temple, bought at a great price. (1 Corinthians 6:19,20)
God knows, chose, called, justified and glorified me. (Romans. 8:29,30)

Accepted

I am accepted in Christ. (Ephesians 1:6 NKJV)
I am a chosen, costly, living stone in God's building. (1 Peter 2:4,5)
I have bold, unrestricted access to God's throne of grace. (Hebrews 4:16)

Powerful

God has given me the spirit of power, love and a sound mind. (2 Timothy 1:7)
God's Spirit in me is greater than any unholy spirits in the world. (1 John 4:4)
I am born of God and believe in Jesus – I'm a world-overcomer. (1 John 5:4,5)

Lovable

I am loved by God and *nothing* will keep us apart. (Romans 8:38,39)
I am loved supremely – enough for God to die for me. (John 15:13)
I am loved unconditionally, *even* when I sin. – (Romans 5:8)

Connected

I am intimately attached to Christ and bearing fruit. (John 15:5)
Christ is as close to me as my heart and lungs. (Galatians 2:20)
I am a member of God's eternal family. (Galatians 3:26)
I am part of Christ's body with millions of brothers and sisters. (1 Cor. 12:27)
I am an eternal member of God's Kingdom and household. (Ephesians 2:19)

Follow-up:

What is today's date? _____ One month from today, re-take the "Self-Perception Assessment" that you completed at the beginning of this chapter. If you have been regularly thinking about and proclaiming the above truths concerning your true identity, you should notice that your "Xs" have traveled a lot farther to the left!

Conclusions:

- Satan and the world are constantly telling you lies about yourself. His objective is to cause you to hate yourself and become so depressed that you no longer want to live. Rather than believe the lies from the Father of All Lies, you should believe what the One who is the Way, the Truth and the Life says about you.
- How you see yourself is very important. It will affect a great number of important areas of your life. Be sure that your self-perception is lined up with how God sees you.

When you are **SEEING** yourself the way God sees you, you will cross this bridge. As long as you aren't going back over the other bridges the wrong way, you will be in a place where your healing can proceed rapidly, and you will be moving toward a place of every-strengthening stability in Christ!

ADDITIONAL UKRAINIAN RESOURCES



The Combat Trauma Healing Manual

– Christ-Centered Solutions for Combat Trauma

By Chris Adsit

This is for those who are experiencing the effects of war-related trauma as a war-fighter or as a support person in a combat zone. The reality of war is that everyone gets wounded. Some wounds heal rapidly, some last a lifetime. Some are physical, some are psychological, some are spiritual, having to do with your heart and soul. Some experience all three.

This manual combines the best practices of the medical and mental health communities with timeless principles of the Bible addressing the effects of war-related trauma. While *Bridges To Healing: Ukraine* introduces you to basic principles that will help you heal from what you have experienced in combat,

The Combat Trauma Healing Manual will go into greater depth on crucial aspects of Post-traumatic Stress, Traumatic Brain Injury, and Moral Injury. It recognizes the role that God can play in your healing – if you will let Him.

You will gain insights regarding how your combat experience affected you physiologically, how to construct a healing environment, processing your loss and grief, dealing with forgiveness issues, rebuilding your identity, and more.

Check for availability during the war at: facebook.com/rebootnua, or contact Sasha at pechiuz@ukr.net.



When War Comes Home

– Christ-Centered Healing for Wives of Combat Veterans

By Chris & Rahnella Adsit and Marshelle Carter

This is for the wives, partners, and parents of combat veterans who have served in a war zone. When your hero returns from the front, it is likely that he/she has been wounded – not only physically, but psychologically and spiritually as well. His/her “soul wounds” can profoundly affect you and other family members – even producing what is known as Secondary Post-traumatic Stress.

You will gain insights about how your spouse/partner/son/daughter has been affected by their time in the hot spots, and how their traumatic experiences could affect the rest of the household. You will learn how to deal positively with loss, grief, and forgiveness issues related to your soldier’s Post-traumatic Stress. You’ll learn how to build your own “healing place,” develop a support network, know when and how to find physical safety for you and your family, and more.

Trauma has physical, psychological, and spiritual components. Healing from trauma requires that each component be addressed appropriately. This manual will help strengthen your relationship with God and facilitate your and your soldier’s healing in all three areas.

Check for availability during the war at: facebook.com/rebootnua, or contact Sasha at pechiuz@ukr.net.

Here is an example of a Course Completion Certificate which you can make for each graduate of your course. You can decide if you'd prefer it in English or Ukrainian.



YOU DIDN'T START THIS.

You didn't ask for this war. You weren't looking for a fight. The trauma you have experienced was not your fault. **But HEALING is your responsibility.**

Many people go to war feeling three-meters-tall and bullet-proof. But then they experience trauma that is beyond what they expected, trained for, or had ever experienced before. It rattles them to their very core and their self-image is altered significantly. The part of them that relates to the world around them and to God, the part that interprets and explains to themselves what has happened to them doesn't function as it did before. Fear, anger, hypervigilance, and despair take control.



But it's important to understand that you are not broken. **You are wounded.** And wounds can heal – if they are properly cared for. If you want to heal, the worst thing you can do is be passive about it, to pretend it didn't happen, to stuff down the painful memories and hope they don't come back. They always will. But if you take the initiative, if you are diligent about seeking your healing, and partner with God in the process He lays out to bring you once again to a place of strength and stability, **you will heal.** God can bring you to a *new* place, a *better* place, a *stronger* place, a place from which you can help others who experience trauma and be better prepared for future trauma. Because of your wounds, when you heal **YOU** can help lead us through these traumatic times.

This manual will help you to do all that.

Don't give up. Don't go passive. You may be down, but you are not out. Your wounds can heal. As the Angel of the Lord said to Gideon, the great Judge of Israel: "The Lord is with you, valiant warrior!" (Judges 6:12)



Reboot Recovery USA: RebootRecovery.com

Ukraine language resources: <https://rebootrecovery.com/reboot-international-resources>

To contact our Ukrainian country coordinator: svitlana@rebootrecovery.com

Reboot Ukraine Facebook: facebook.com/rebootnua

Cru Military USA: www.CruMilitary.org ~ Cru Military Ukraine: cru.military.ukraine@cru.org