

# Healing The Broken Heart

## Part IV: Barriers To Healing

### I. Introduction

#### A. *Our Condition—The Whole Heart is Faint*

Because of the fall of Adam, a seed of corruption entered into the human race. This corrupted seed has affected every area of human existence, including our relationships, families, institutions, churches, governments, and our entire being—body, soul, and spirit. As a result, our spirits and hearts have been wounded. The corrupted seed destroys our ability to be righteous and holy like our Creator and allows the kingdom of darkness and its demonic spirits access to us. We are a people...

...weighed down with iniquity; whole head is sick, *the whole heart faint*. From the sole of the foot even unto the head there is no soundness in it: but wounds, and bruises, and putrefying sores: they have not been closed, neither bound up, neither mollified with ointment. Your land is desolate (Is 1:4-7).

#### **A Way of Escape**

Yet God has provided a way of escape for us. Through His Son, Jesus Christ, we can be born again and receive Him, who is the uncorrupted Seed, into our heart, and become united with Him, thereby we are able to grow in His righteousness and in the restoration of all that sin has corrupted.

For you have been born again not of Seed which is perishable (corrupted) but imperishable (uncorrupted), that is through the living and abiding Word of God (I Peter 1:23).

#### *Choose life or death*

The scriptures tells us that God will make known to us the path of life (Ps. 16:11, Acts 2:28). It also tells us that God has set before us life and death, the blessing and the curse, and that we are responsible to choose which path we will walk in.

I call heaven and earth to witness against you today, that I have set before you life and death, the blessing and the curse. So *choose* life in order that you may live, you and your descendants, by loving the Lord your God, by obeying His voice, and by holding fast to Him; for this is your life and the length of your days... (Deut. 30:19,20).

However, I find that many people cannot recognize the difference between life and death, the blessing and the curse. They simply do not know. The Bible warns us that we perish because of a lack of understanding and knowledge, so we become entangled in ungodly soul-ties that bring no blessing in our life. The effects of ungodly soul ties have been allowed to continue in our lives, resulting in more wounding in already broken hearts.

Because of ignorance, lack of faith in the heart, lack of understanding of the work of Jesus on the cross, and a poor spiritual foundation, people become involved in relationships that do not bless them. This teaching focuses on ungodly soul ties that are distorting, perverting, and corruption relationships between people and how to break ungodly soul ties.

## ***B. Root Problems Presented In This Series***

(The following ideas have primarily been drawn from Mark & Patti Virkler; Bill and Sue Banks; El El Ministries; and John & Paula Sandford.)

- 1. Lacked Godly love in early childhood***
- 2. Generational Sins & Curses***
- 3. Negative Expectations***
- 4. Inner Vows***
- 5. Bitter Root Judgments***
- 6. Ungodly Soul Ties***
- 7. Unforgiveness***
- 8. Lack Heart Faith***
- 9. Traumas & Negative Pictures***
- 10. Negative Spiritual Energy***
- 11. Bondage to Sin***
- 12. Lack Solid Spiritual Foundation (Heb. 6:1,2)***

## **II. An Unbelieving Heart**

### **Spiritual Realm Does Not Work By Magic**

The spiritual realm of God *does not* work through “magic,” but through faith that resides in an honest heart. There are no magical words that will make God become real to you—but only an honest heart that recognizes its need and a tiny bit of faith *that God cannot lie, that what He said is true*. God Himself said that He sent Jesus to die for our sins so we can have newness of life. Did God lie when He said this? Can you trust what He says? It is faith in God Himself and in the power of God, revealed through the death and resurrection of Jesus Christ that brings about changes within us.

There are many areas in our hearts that have not been touched by the living Lord and transformed, because we have not applied deep heartfelt faith. Mistaking mental/intellectual agreement for genuine faith, we try to apply a scripture appropriate to the situation—yet unbelief and doubt remain in our heart—and we receive very little from the Lord.

Take heed, brethren, lest there should be in any one of you an evil, unbelieving heart, in falling away from the living God (Heb. 3:12).

Let us fear lest, while a promise remains of entering His rest, any one of you should seem to have come short of it. For indeed we have had good news preached to us, just as they also; but the word they heard did not profit them, because it was not united by faith in those who heard (Heb. 4:1-2).

But let him ask in faith without any doubting, for the one who doubts is like the surf of the sea driven and tossed by the wind, for let not that man expect that he will receive anything from the lord, being a double-minded (hesitating, doubting) man, unstable in all his ways (James 1:6-8).

The scriptures make it clear that receiving something from the Lord requires something called faith in the heart. The truths of God must be united with faith in the heart if we hope to receive something from the Lord. Genuine faith and trust in the Lord is located in the heart, not in cognitive thinking, mental assent, or doctrinal belief. Intellectual Christianity works to convince the conscious rational mind of spiritual realities, rather than nurturing the heart to believe.

That if you confess with your mouth Jesus as Lord and “believe in your heart” that God raised Him from the dead, you shall be saved; for with the “heart man believes”, resulting in righteousness and with the mouth confession is made unto salvation (Rom. 10:9,10).

Trust in the Lord with all your heart, lean not to your own understanding...(Prov. 3:5,6).

The heart is the key issue in experiencing a genuine walk with the Lord because Christ dwells in our heart. We experience the presence of the Lord in our heart. This is where we know the Lord, right within us.

Faith is born in seeing with the eyes of the heart; i.e., revelation and insight. It is the revelation of God in our heart that produces faith that changes our heart, not the words we parrot with our mouth. Just saying a scripture verse, does not mean we have its reality in our heart. We need more than a scripture verse, we need revelation from the living God, speaking directly into our heart His truth. We need the Holy Spirit to illuminate a word in Scripture, making it come alive to us. Faith is also quickened as we listen to another person’s testimony—their experience with the healing presence and power of God in some area of their life.

Faith comes by hearing, and hearing by the word of God (Rom 10:17).

He sent His Word and healed them, and delivered them from their destructions (Ps. 127:20).

My soul languishes for Thy salvation; I wait for Thy Word (*a deposit that which was delivered in His visit.* (Ps. 119:81).

Putting aside all filthiness and all that remains of wickedness, in humility receive the word implanted which is able to save your souls (James 1:21).

**Suggestions:**

Read in the Bible the stories of people's experiences with a God of power and read the story of the early Christians in the book of Acts. Read about St. Paul's experiences in his missionary journeys. And pray that the eyes of your heart will be opened and for faith to be quickened in your heart to believe God.

Also read books or listen to stories of other people's experience with a loving Father and His healing power.

### III. Weak Spiritual Foundation

We fail to fully understand elements of a spiritual foundation as referred to in Hebrews 6:1-2: i.e., repentance from dead works and faith toward God. Repentance (Metaonia) means change, to turn around and go the other way (See Sandford p 65-66.)

Repentance means something more than feeling sorry, it means to literally turn away from behaviors and thoughts that are producing no life in you or in the people around you. It means to change your direction in aspects of your life that are bringing death to you.

### IV. Lack Knowledge And Understanding

My people are gone into captivity, because they have no knowledge: and their honorable men are famished, and their multitude dried up with thirst (Is. 5:13).

My people are destroyed for lack of knowledge... Since you have forgotten the law of your God, I will also forget your children (Hosea 4:6).

The fear of the Lord is the beginning of knowledge... (Prov. 1:7).

The fear of the Lord is the beginning of wisdom; and the knowledge of the holy is understanding (Prov. 9:10).

I will give them shepherds according to my heart, which shall feed you with knowledge and understanding (Jer. 3:14-15).

### V. Failure To Hear God's Voice and Obey Him

The basic requirement throughout the Bible for the blessings of God is that people listen to and hear God's voice and do what He tells them.

All these blessings shall come on thee, and overtake thee, if thou shalt hearken unto the voice of the Lord thy God (Deuteronomy 28:1-2).

Now then, if you will indeed obey My voice and keep My covenant, then you shall be My own possession... (Ex 19:5).

My sheep hear My voice and I know them, and they follow Me (John 10:27).

Under the new covenant, God communicates with us Spirit-to-spirit. He speaks by His Spirit to our spirit. We know His voice in the innermost depths of our being. "Hearing the Lord's voice implies an intimate relationship with Him in which He can speak to each one of us personally" (Prince, 1990, p. 41).

## VI. Failure To Forgive From Your Heart

We need to make peace in our heart with everyone who has ever hurt us and get that cleared up before God. We need to forgive your father or mother and all other family members for what they did or did not do in our life. Pray, asking the Lord to teach you about forgiveness.

### **1. Unforgiveness, a barrier**

Unforgiveness is a barrier to becoming free from ungodly soul ties. It prevents God from giving His grace to the person seeking to be free.

...delivered him to the tormentors, till he should pay all that was due unto him. So likewise shall my heavenly Father do also unto you, if you from your hearts forgive not every one his brother their trespasses (Matt. 18:34-35)

The Lord makes it clear that forgiving others is a condition to receiving the desires of our heart—our healing. Some sobering thoughts: According to the Lord's prayer, we will not be forgiven if we do not forgive others for their sins against us (Matt. 6:9-15).

Forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil...(Matt. 6:12-13).

For if you forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses (Matt. 6:14-15).

And whenever you stand praying, forgive, if you have anything against anyone; so that your Father also who is in heaven may forgive you your transgressions. But if you do not forgive, neither will your Father who is in heaven forgive your transgressions (Mark 11:25-26).

If you forgive the sins of any, their sins have been forgiven them; if you retain the sins of any, they have been retained (John 20:23).

### **2. Unforgiveness holds the curse on us.**

The Scriptures command us to forgive before we can be freed, because demonic bondages often stem from broken relationships of trust between people (Banks, p. x). When we hold another's sins and do not forgive them, we are holding the curse upon ourselves. When we will not let go of the sins of others, we are keeping that person under the "bondage of my judgment".

If you forgive the sins of any, their sins have been forgiven them; if you retain the sins of any, they have been retained (John 20:23).

So shall My heavenly Father also do to you, if each of you does not forgive his brother from your heart (Matt. 18:35).

### **3. Principles of Forgiveness**

Forgiveness is key to our own healing, thus it is vital that you understand what true forgiveness is. Pray, asking the Lord to teach you about forgiveness. Here are a few principles of forgiveness.

#### *Genuine forgiveness is from the heart*

Real forgiveness must come from the heart. The heart must be postured with an attitude of forgiveness toward the person:

...if each of you does not forgive his brother from your heart (Matt. 18:35).

#### *Separate person from their sin*

Forgiveness becomes easier if you can separate the person who hurt you from the sin they did against you, just like the Lord did for you. He loved you even in your sin, because He was able to separate you from your sin. This means that we too can forgive others of their failures yet love them.

Jesus was saying, 'Father forgive them; for they do not know what they are doing' (Luke 23:34).

I say to you, love your enemies, and pray for those who persecute you (Matt. 5:44).

Love your enemies, and do good... be merciful, just as your Father is merciful (Luke 6:35-36).

### **4. Forgive Others**

Make a decision to forgive all other people who have ever hurt you. Then verbalize your decision, by saying out loud, "Lord I forgive..." and name the person or persons involved and state specifically what their sin is. Declare your total dependence on God to free you. Ask God to release and forgive you of the sin; state your desire to turn from it and receive His grace. Also ask God to forgive you for judging others. State your desire to turn away from this sin and receive His grace.

Lord Jesus, I forgive..... for .....and I ask you for your complete forgiveness. I choose to acknowledge this as sin and allow you to cleanse me of all my unrighteousness. Make me clean and whole and release me of this sin. I ask this in the name of Jesus. Amen.

Lord Jesus, forgive and release my ancestors .....for passing on to me this sin and for the resulting curses of...(be specific).

Lord I confess my sin of judging ..... and I ask you for your complete forgiveness. I choose to acknowledge judging .....as sin and allow you to cleanse me of all my

unrighteousness. Make me clean and whole and release me of this sin. I desire to stop judging this person. I am helpless in overcoming it on my own, and unless you set me free I will never be free. I ask this in the name of Jesus. Amen.