



HEALING OF THE FRACTURED SOUL

**A WALK IN SUCH FREEDOM THAT YOU
WILL NEVER FEAR BEING HURT AGAIN.**

Dr. Steve Shamblin

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DEDICATION

I would like to say how grateful I am to the Lord for bringing me my wife, Denise, and for His calling upon our lives. The time the Lord allowed us to have with Rev. Ken Wright and his wife, Shirley, was more precious than gold. We are forever grateful for their love, input, and mentoring into our lives. Also, Dr. Bruce and Barbara Thompson and Loren and Darlene Cunningham who were used of God in many ways over the years to pour into us of what God has deposited in them. We are very grateful for these relationships and many others. It would take up many pages to say thank you to everyone who deserves some recognition from us. As we grow older, we realize how incredibly valuable long and lasting relationships truly are.

A very special thanks to my wife who has stood with me all these years walking out the call of God. Her commitment is very much a part of my calling and the ministry. A very special thanks also to my daughter who has also walked with us in the call of God and this ministry. We are very blessed by God's gift to us in her and are very proud of her.

FORWARD

I have been involved in international ministry for over thirty years. One observation is clear. Many in the Body of Christ are hurting and wounded. As a result, they may spend a lifetime trying to understand and overcome what has happened to them. They may also live out their lives in bondage to the hurts and wounds which rob them from entering into all the Lord has planned and purposed for them. Our goal in putting together this book is for you, the reader, to be set free by God's Spirit from all bondage to hurts, wounds, and unhealthy life cycles.

Dr. Steve Shamblin

CHAPTER ONE:
WOUNDED SPIRIT

NO PROBLEM TOO LARGE

As we begin our journey into a place of emotional healing and freedom, let me say that I am asked to help people just like you all the time with a variety of problems. Don't ever let the enemy try and tell you that your problem is the worst, that nobody else has the problem you have or to the degree you have. The Lord is full of compassion and able to heal to the utmost. So be encouraged. Your situation is not too difficult for Him.

People ask me for help with struggles in various things, with varying degrees of severity: marriage, hatred, bitterness, offense, sexual sin, etc. By the grace of God, each one has been helped as they came to understand the Biblical reality of what a wounded spirit is and the impact it can have on a person's life. I remember one young lady standing up during one of my seminars and sharing that when she was a little girl, her sister told her that if she would only take her life it would be such a help to the whole family and would relieve the financial pressure they were under. That young lady spent her life in and out of mental wards, suffering under the

pressure and guilt of what her sister had shared with her. She took on the blame and over time believed she had mental problems. After she shared, I explained to her how her sister's words had wounded her spirit at a very early age and that she really didn't have any mental disease. She just cried and cried and God healed her.

LADY IN SWITZERLAND

Another time I was speaking to a group of missionaries in Switzerland when a young lady stood up and said, "Could I share with you something nobody knows? When I was born my father wanted a son. He was so disappointed that he has never accepted me as his daughter and has introduced me as his son all of my life." She was deeply hurt, wounded and crying. We came around her and prayed healing for every hurt and wound caused by this situation and the Lord did a wonderful healing in her life.

BIBLICAL TRUTH

I would like to submit to you, in a very simple form, the Biblical concept for dealing with those who are hurting in spirit and may or may not know it. There is no Biblical evidence that Jesus ever sat down with anyone and had them go back into their memory bank. Nor is there any evidence that Jesus ever sat down with someone and had them pretend to go back into their mother's womb to repair a past hurt. The Bible speaks of only one concept which gives us insight into the hurts and wounds of our lives and it is found in Proverbs 18:14, "*A man's spirit will endure sickness, but a broken [wounded] spirit who can carry or bear?*"

WOUNDED SPIRIT

From a Biblical viewpoint, when a person is "hurting" there is only one perspective, not various schools of thought from which to choose. What people are dealing with, without realizing it, is a wounded spirit.

Looking at Proverbs 18:14, we see the seriousness of a wounded spirit. The fact is the Lord did not create us to carry or bear, in any way, shape or form, a wounded spirit. So what we have is a vast majority of mankind, saved or not saved, trying to do something which God says we were not made to carry. God's people are trying to do exactly what the Lord said they are not capable of doing. They are trying to live out their lives carrying around wounds in their spirit, which are manifesting in various ways because we can't carry or bear them. Please understand, right or wrong, innocence or guilt does not change the reality and consequences of a wounded spirit.

NO RESPECTER OF PERSONS

A wounded spirit is no respecter of persons. In every illustration that I share with you, the people involved were "innocent". They did not encourage, deserve, or in any way help facilitate what happened to them. Sound familiar? Unfortunately their innocence makes no difference when it comes to the reality of a wounded spirit and how it can dominate and control their lives.

Are you ready to look at your life, with the help of the Holy Spirit, and determine your need for your wounded spirit? Are you ready to then learn how to ask the Lord to heal you and effect a permanent change in you by His spirit?

A FIRST BIBLICAL REASON FOR A WOUNDED SPIRIT

Read Proverbs 15:4. According to this verse, what is the first Biblical reason a person can have a wounded spirit? _____.

Words have a powerful impact on our emotions, personality, and life in general. The word “wound” in this verse literally means to be “shattered” like a windshield that is shattered by a rock but still holds together.

That is the power of words spoken into people’s lives. Their spirit becomes shattered and they may not even know it. All they know is hurt, anger, frustration, disappointment, etc.

THE UNBORN

Think of how many babies still in the womb are hearing words like, “I don’t love you”, or “I never wanted you”. Every word spoken goes right to their little spirits and they come out of the womb severely wounded. Then years later, when personality disorders show up, the secular world adds to the wounding by giving them a psychological label for the rest of their lives.

One time while I was ministering, a young lady stood up, sobbing, and said, “That is what I did to my child. I use to beat my stomach and say ‘I hate you.’”

TEENAGERS

How many young people are suffering under the damage of words spoken to them by moms and dads who themselves are hurting and have been all their lives? Now we see **bitterness**, **hatred**, and **resentment** dominating and ruining their lives as a result of words that were spoken. I’m not saying this excuses their bad choices and actions. I’m simply trying to help you see and understand a cause of the real problem.

SPIRITUAL SOURCE

Read John 6:63. Notice what Jesus says about words, “*The words I speak to you are spirit and life.*” As Christians, we have no idea what a blessing it is to have a Father who, when He speaks to the child, speaks words of spirit and life. We need to understand that words emanate from a spiritual source. The words you speak, or that have been spoken to you, are either words of spirit and life or they are words of hurts and wounds which ultimately produce death not life.

Lest you think we are exaggerating the importance of words, take a look at Matthew 12:35-37. The reality is we are going to be judged by the words we have spoken. Let us understand the words that come out of our mouth do carry power. They will either produce spirit and life, as Jesus’ words did, or hurt and wounds.

HELD CAPTIVE BY ONE WORD

I remember sharing this concept of a wounded spirit when I was in Japan. A young Japanese man stood up and said, “I see it now. All my life my father has called me dumb and stupid. I never did well in school and always looked at myself as a failure. Now I realize how I have been held captive by the words of my father all my life.” As we prayed for this young man, I asked him to forgive his father, and then we asked the Lord to heal every hurt and wound in his spirit. He was never the same again.

How many young people are dropping out of school or barely hanging on, and it has nothing to do with IQ or ability? But they are living out the consequences of words spoken to them by authority figures. Then the wrong choices they have made further complicate the situation. Their potential is never realized. The enemy has robbed more young people than we will ever realize, and it does not have to be so. God can still redeem every one.

HATE “BILLY” CLUB

I remember a young man we will call “Billy” telling me of his high school days. Because he was somewhat different in appearance, the other students created a “hate Billy club”. The words spoken so wounded his spirit that his personality and character were radically shaped by the hurt he could not get rid of. As I shared, he realized what had happened to him and asked for prayer. The first thing he did was ask the Lord for forgiveness for the anger, bitterness, and resentment he had held against others. Then we prayed and asked the Lord to heal every hurt and wound in his spirit. I have seen him many times since, and the freedom which came is now evident throughout his personality and character.

BABYSITTING

On another occasion when ministering this message, a lady stood up and began to weep openly. Obviously the Lord was dealing with an area of hurt in her life. Slowly, she began to share. “One night my parents went out and left me with a babysitter. While they were gone, the babysitter sexually molested me. When my parents got home, I told them, but my father did not believe me. Not only did he not believe me, but from that moment forth, he began calling me a slut.” I encouraged her to pray forgiveness toward her dad and the one who molested her, and I then asked the Lord to come and heal every hurt and wound in her spirit. Soon the flow of tears turned to tears of joy as the Lord set her free.

NO JUSTIFICATION

The careless words of authority figures have caused many mental, emotional, and physical problems. The situation is further complicated by the resulting choices the person makes. Let me make it clear here and throughout this book: what has happened to you is never an excuse to justify your life style. That philosophy simply will not fly. In the examples just shared, and those yet to be shared, every person was “innocent” and did not deserve what happened to them. Having said that, make sure you understand that their innocence does not excuse them from the bad choices they made out of their hurts and wounds.

YOUR PART

Having read these examples, list below the three most common areas of the heart that must be dealt with before asking the Lord to heal you.

1. b_____
2. h_____
3. r_____

WORDS SPOKEN TO YOU

Now we want to spend some time focusing on words which have been spoken into your life. List below the words that immediately come to mind which you now realize have been a source of wounds in your spirit. Remember, we aren't worried about covering every word right now. You can follow through in the future with other words that may come to mind.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

As you look at your list of words, follow through a bit more and list out the attitudes, personality traits, and character traits you have developed as a result of these hurts and wounds and the choices you have made.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

The next step is to forgive those who have spoken these words. Perhaps you do not feel capable of doing this. Ask Jesus to help you through His love, which He extended to you when you didn't deserve it. List those to whom you are willing to extend forgiveness.

Now because you have been willing to forgive others, we are going to pray and ask Jesus to come and heal every hurt and wound in your spirit.

Lord, Jesus, I ask you to come and heal me from the consequences of every word of death, which has been spoken into my life. I thank you for healing me and setting me free from every hurt and every wound. I thank you for setting my personality and character free to grow now in you and in your words to me. Lord, with your help, I want to become all you desire me to be. Thank you for your healing and your wholeness to me, amen.

Feel free to write your own prayer here.

A SECOND BIBLICAL REASON FOR A WOUNDED SPIRIT

Read Proverbs 17:22. Now write a second reason for having a wounded spirit, _____.

Yes, this is what I call an event based problem which produces physical symptoms. Notice it says "bones drying up". This is a physical symptom of a wounded spirit problem. Literally, in the medical profession, the drying up of bones is called arthritis. Now don't misunderstand me, I'm not saying every person who has arthritis has it because they have a wounded spirit, but according to Proverbs, some do. This is an area where people are dealing with a physical symptom that is rooted in a wounded spirit.

ON HER DEATH BED

I was in Africa, traveling with Pastor Ken from New Zealand. He was asked to go and pray for a lady who was dying. Her body was overcome with severe arthritis. As this pastor came into her room, he began to wait on the Lord and as he did, the Lord spoke and told him that she was in this condition because of deep rooted bitterness and hatred towards her husband. Pastor Ken then shared this with the lady and told her if she would forgive her husband, the Lord would heal her. Out of her mouth came an explosion of hatred towards her husband and no desire at all to forgive him. Pastor Ken sadly told her he was sorry, but without her letting go of bitterness she would not be healed, and left the room. Friends, it is not worth the selling of your soul to bitterness, hatred, and resentment. Do not allow these emotions to dominate and control you and your life all of your days.

LADY IN THE PHILIPPINES

During a ministry time in the Philippines, a woman approached me and asked if I could help her. She said she was struggling with fear and basically was afraid of everything. She had been to doctors, psychologists, and psychiatrists. They had given her every pill available, but nothing had really cured the problem. I asked her to share about her life. Immediately, she said, "I hate my parents." I asked her why. She said as a little girl, whenever her parents wanted to go out, they would lock her in a closet and leave.

Again, we have an example of something being done to someone who was "innocent". She did nothing to deserve being locked in a closet, but her choice to hate her parents had only complicated the wounding. I explained this to her and asked if she was willing to forgive her parents, and she said yes.

I also explained that the root of her fear was coming from the wounding which occurred in her spirit as a little girl being locked in a closet, and that Jesus was able to heal every hurt and wound. We prayed. With the wound healed, there was no more fear.

What is the wound Jesus needs to unlock and heal for you? _____

I was sharing this story in another meeting. Two women stood up, asking for prayer because growing up they had also been locked in a closet. As we prayed for them, the healing love of God wonderfully set them free.

So many of God's people are suffering from physical, mental, and emotional problems, which are rooted in a wounded spirit.

A THIRD BIBLICAL REASON FOR A WOUNDED SPIRIT

Read Proverbs 15:13. Write in the space another reason for a wounded spirit. _____.

A spirit of sorrow can consist of many things including: disappointment, broken promises, loneliness, and mistrust.

Have you ever noticed how people can become depressed simply because it is Christmas time? I promise you something happened to them around this major event. I once heard a man share during a meeting that when he was growing up, his family had been very poor and he was always disappointed during Christmas. After spending some time with him and praying through this wound of sorrow, he also realized that he was trying to compensate for his past by giving and giving to his own children, not always to their benefit.

BROKEN PROMISES

My dad was in the military, so he was gone a lot. I remember he would always promise to do something with me when he came home, but when he returned he was always busy. Then the time came when he would have to leave again without keeping his promise. Dad never did this intentionally, and my response was not his fault, but over the years, I developed a real lack of trust toward people. If you told me something and didn't do it, that was it. You only got one chance. By the time I was a teenager I was a mess, hurting and lonely; yet unwilling to really trust anyone, let alone authority figures. Sound familiar? I remember my uncle promising to take me fishing. The day came and it was absolutely pouring rain. Did that matter to me? No way. He had promised something and nothing else mattered. When he canceled, I went into a rage and I'm sure my parents thought I had gone over the edge. How many parents witness a reaction in their child which is really a consequence of a wound?

I heard recently that forty percent of children in America go to bed each night without knowing the love of a mom or dad expressed in a simple act of saying good-night. Might you be one of those forty percent or one of the moms or dads that meant to be there, but somehow it never happened? Can hurts this deep be repaired? Yes! Nothing is too hard for God to redeem!

In the spaces below, write down the names and events which have lead to a spirit of sorrow in your life. If you are the parent, name the child or children to whom you have intentionally or unintentionally wounded with sorrow.

1. _____
2. _____
3. _____
4. _____
5. _____

Ask the Lord to open up your heart and help you embrace His love. For it is through the embracing of His love we are able to reach out and trust again.

THE DIFFERENCE BETWEEN FORGIVENESS AND A WOUNDED SPIRIT

One other thought before we leave this area of sorrow has to do with abortion. Abortion severely wounds the spirit. I have had many women come up to me and share how they have “darkness in their heart” or “sadness” around their heart or a “cloud” that seems to hang over them. They share how they have begged God for forgiveness, but nothing has made the “sorrow” go away. Then they ask if there is any hope for them.

Let’s take a worst case situation. A girl is not saved, gets pregnant, and has an abortion. Later she gets saved and asks the Lord to forgive her. (I might add here that there is equal responsibility on the male.) My question to you is, what does true repentance equal? Very simply, true repentance equals true forgiveness. The conclusion drawn by so many women is that because the sorrow doesn’t leave their spirit, God must not be willing to forgive them. They assume it is their punishment and they will just have to learn to live with it. Not so! God is greater than our hurt.

Read I John 3:20. The fact is forgiveness isn’t the problem. Why? Let me repeat it again. It’s because true repentance equals true forgiveness. You don’t have to twist God’s arm to get forgiveness. The problem is not forgiveness. Through abortion, the spirit has been wounded and needs to be healed. I have seen many eyes begin to light up again with hope when they are told this. When they realize the problem is not forgiveness but a wounded spirit, we pray, and the joy and peace of God returns to their souls.

A CHRISTIAN LEADER

Upon hearing this message, a male Christian leader came up to me in tears and began to share. “I’m married with four wonderful children. Before I was married, I got my girlfriend pregnant, and it was me who drove her to the abortion clinic.” Through the tears we began to pray for Jesus to come and heal every hurt and every wound in his spirit. Soon you could see the peace and joy of God’s healing come over him. He had held that wound for so many years. It’s never too late for Jesus to come and heal.

A FOURTH BIBLICAL REASON FOR A WOUNDED SPIRIT

Proverbs 6:32-33 gives us another reason for a wounded spirit. Fill in the space with your answer: _____.

I’m sure you are right, but I would like to add a few words to what you may have written down. As we read these verses in Proverbs 6, we realize it is talking about sexual sin, adultery, fornication, homosexual acts, lesbian acts, sex with animals, and abortion. I think you see the seriousness of this problem.

SEX IS REALLY A SPIRITUAL ACT

If we understand the realities of how we were made, it will help us to better understand the spiritual realities of sex. God is spirit and we are created in His image which means we are also, in reality, a spirit being. Our body is a temporary dwelling place of our spirit. Our body is made of dust and it shall return to dust. When a man and a woman come together in sex it is not, as the world would have us believe, just two bodies having sex. Rather, it is first and foremost, two spirits coming together and uniting through the act of sex.

Now, what I am about to tell you, I wish every high school and college student could hear. A girl about eighteen came into the clinic one day and said she was having trouble with suicidal thoughts. I asked her how long this had been going on and she said it started a couple of weeks ago! Now, this isn’t rocket science. The next question is: What happened two weeks ago? After much probing, she confessed that she had sex with a guy. Not realizing that the man she had sex with was struggling with suicide, she had opened her spirit up through sex, to whatever was a part of his spirit, and afterwards began having similar thoughts of suicide. I know he had suicidal thoughts by deduction. After questioning her, there was nothing else in her life, that could be remotely pointed to, that could have caused thoughts of suicide. This is why most people who have multiple sex partners usually struggle with different types of depression, many times accompanied by suicidal thoughts.

Here is what I want you to understand. Because ***sex is a spiritual act***, when two people engage in sex, everything that may be a part of one person’s spirit now has free access to the other person’s spirit. That is why you can see severe personality changes and all sorts of other changes take place in a person from the consequences of sex outside of marriage.

A YOUNG MAN

A young man stood up in a meeting and began to cry. He was about six feet four inches with blond-streaked, black hair plastered with gel and pointed in different directions, and had earrings and chains hanging off of most everything. Slowly and quietly he began to share. “Nobody knows what I’m about to say. When I was a young boy, I was sexually molested. Would you please pray for me that the Lord would cleanse and heal me?” We gathered around him and prayed. The next time I saw him, he looked like a different person. The hair color had changed. Some of the earrings and chains were gone. But more profound was the inner change. He had a whole new countenance. What a precious work of healing the Lord had done.

A YOUNG WOMAN

A young woman stood up for prayer. She was crying uncontrollably. I told her not to worry and that she did not have to speak; we would go ahead and pray for her. She shook her head no. “I have to get this out,” she said. With a whisper she began to share how a gang of girls sexually molested her at a young age. I moved in to pray but she stopped me and said that was not all. She said after that had happened, she vowed to sexually molest every girl she could, then dropped to the floor in a heap, sobbing. I came to her and began to pray. You could sense the Lord taking all the hurt and wounds away, washing her clean. After awhile, the peace of Jesus came over her and a smile of peace began to show through.

A YOUNG WOMAN IN CANADA

As I was sharing in Canada, a young woman in her late teens came up to me and said, “I’ve been listening to what you are saying about the wounded spirit. I would like for you to pray for me. What I am about to tell you, nobody knows. When I was fourteen, my uncle came home drunk one night and sexually molested me. I never told anyone. He has now come to live with us and I can’t function. I can’t sleep, eat, or do anything. Would you please pray?” We prayed and asked the Lord to heal every hurt and wound which had occurred in her spirit. She thanked me and went quietly away. The next night she came back to the meeting, came up to me and said, “I couldn’t sleep at all last night.” I told her we would pray again. She said, “No, that isn’t necessary. I couldn’t sleep because I was so happy!” She said for the first time in years, there was no more fear. Bless the Lord for He is good.

Notes _____

