

BROKEN SPIRITS

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BROKEN SPIRITS!

Walking upright after Jesus has touched you!

Dr. Denis V Smith



Broken spirits – is there a cure, a release or at least a way in which we might be released by the agony of an ongoing affliction? Whether it is an affliction of the body, the soul or the spirit – it makes no matter. Whatever it is, is there a way in which we might walk upright again – healed from that which has bent us over for so long?

10. Now he was teaching in one of the synagogues on the Sabbath.
11. And behold, there was a woman who a spirit of infirmity eighteen years, and was bent over and in no way could raise herself up.
12. But when Jesus saw her, He called her to Him and said to her, "Woman you are loosed from your infirmity."
13. And He laid His hands on her, and immediately she was made straight, and glorified God.
14. But the ruler of the synagogue answered with indignation, because Jesus had healed on the Sabbath, and he said to the crowd, "There are six days on which men ought to work; therefore come and be healed on them, and not on the Sabbath day."
15. The Lord answered Him and said, "Hypocrite! Does not each one of you on the Sabbath loose his ox or his donkey from the stall, and lead it away to water it?"
16. So ought not this woman, being a daughter of Abraham, whom Satan has bound – for eighteen years, be loosed from this bond on the Sabbath?'
17. And when He said these things, all His adversaries were put to shame, and all the multitude rejoiced for all the glorious things that were done by Him.

Luke 13:10 – 17 [NKJV]

DEMON POSSESSED?

Let me deal with this story as it is often interpreted – Jesus delivered a woman from demon possession – *a spirit of infirmity* – in a synagogue on the Sabbath!

I have wrestled with this interpretation for many years – because if it was a case of demon possession, this was the only time Jesus ever laid His hands on someone demon possessed!

In every other case, He voiced His authority by commanding the evil spirit to depart.

So, I looked at the Scripture again and began to ask myself some questions.

I knew that it is clearly said of Jesus in Matthew 8:17 quoting Isaiah 53:4 “Surely He has born our griefs [sicknesses] and carried our sorrows [pains].”

But Matthew records it from the Septuagint [LXX] translation of the Old Testament from Hebrew to Greek] – “He himself took our infirmities and bore our sicknesses.”

“Infirmities” – weakness, brokenness, without strength, infirm, sick – these are the meanings.

In John 5:5–9, there is the record of the man at the Pool of Bethesda who had an ‘infirmity’ for 38 years! There is no record of demon possession!

Romans 8:26–28 says, “**Likewise the Holy Spirit helps our ‘infirmities.’**”

Another translation puts it, “*And in like manner also the Spirit lends us a helping hand with references to our weaknesses, for the particular thing that we should pray for according to what is necessary in the nature of the case, we do not know with an absolute knowledge; but the Spirit himself comes to our rescue by interceding with unutterable groanings.*” [Wuest]

This verse states the Holy Spirit encourages Christians in their ‘infirmities?’ The question is obvious, “Can a Christian have ‘infirmities?’ And if so, what are these ‘infirmities’ or ‘weaknesses’ that we may have?”

CAN CHRISTIANS HAVE INFIRMITIES?

Now can you see why I have a problem with this woman being demon possessed?

You cannot just go to a default decision and equate 'infirmity' with 'demon possession!'

If so, every 'infirmity' of the Christian can be automatically associated with demon possession!

I cannot accept this.

This lady not only had an infirmity but a '*spirit* of infirmity.'

In other words, it was a continuing miserable condition.

It is interesting that Luke, who is recording this event, uses a very clear and concise medical term to define her problem.

As a medical doctor, under the inspiration of the Holy Spirit, he writes of her condition in what we know as 'the Gospel of Luke' describing her as having extreme 'curvature of the spine.'

She is almost bent double with her continuing condition.

Just like a 'spirit of praise' is a continuing condition of praise and a 'spirit of rejoicing' is an overwhelming continuing joyous experience in a positive sense; in the negative sense, this poor woman was subject to a continuing condition of weakness and despair that affected her physically.

"There was a woman who had a spirit of infirmity for eighteen years; and was bowed together, and could in no wise lift up herself." [Luke 13:11]

BOUND BY SATAN?

"But," you respond, "Jesus *did* say to the ruler of the synagogue who criticised Him for healing on the Sabbath, '*Ought not this woman ... whom Satan hath bound for eighteen years be loosed from this bond?*'" [Luke 13:16]

True! Satan uses many kinds of weaknesses, sickness and emotional problems to bind us down and to defeat us.

To Jesus, any kind of illness or problem was a part of the Kingdom of darkness and evil, which He had come into our fallen world to overthrow.

No, this woman did not have a mere physical infirmity, not an evil spirit, but a 'spirit of infirmity.'

It appears as though some appalling sense of inferiority may have deeply affected her body.

She was bent over, always looking down. She tried, but she could not straighten herself.

The medical world of the twenty-first century would call it *psychosomatic*.

THE INNER PERSON AFFECTS THE OUTER PERSON.

I have enough evidence in my studies to convince me that an inner attitude of heart or soul will definitely affect the outward and physical.

The Bible says, "*A merry heart does good like a medicine but he who is of a broken spirit, dries the bones.*" [Proverbs 17:22]

Jesus was criticised for 'loosing' her on the Sabbath when all the while, the hypocritical Pharisees on every Sabbath, 'loosed' their animals from their stalls to water them at the drinking trough.

THE CRITICS WILL ALWAYS BE AROUND.

Now, I don't mind someone disagreeing with me – just don't be disagreeable.

If you are a 'healthy, wealthy and wise' person, then it may be that you are an early riser and early to go to bed.

But don't project your incredible health, wealth and wisdom on others who are going through a tough time.

SO LET'S GET TO THE POINT.

If Jesus was around 30 at this time, then it was while He was at the Temple as a 12–13 year old, speaking with the leaders of Israel at the Jerusalem Temple, that this woman – a woman of recognised faith and character who regularly attended synagogue in spite of her condition – a "daughter of Abraham" first encountered her problem which ultimately left her bent over and crippled.

While He 'taught', she began to be 'tortured!'

WHAT WAS HER PROBLEM?

We do not know what her problem was – only a continuing weakness in her soul which ultimately affected her body – and each affecting the other.

She was not always bent over – as a young girl she ran through the streets of her town.

She had admired the mountains and valleys – the stars and the moon – the beauty of a sunset on the horizon – but eighteen years earlier this crippling condition began to run its course.

What started it? – We don't know.

There is no need to diagnose – only focus on the results.

Over a period of time, ligaments and muscles began to tighten until she became bowed over.

She had squeezed the grapes of Eschol and the juice of bitterness flowed.

Others would leap for joy – she would be bent over!

How could a “daughter of Abraham” receive such a blow to her life?

And it appears she was faithful in her synagogue service.

This may appear to be an unusual subject for a preacher, who solidly believes in divine healing, to address.

MY CONCERN

While believing wholeheartedly in God's ability to heal, I am concerned when I meet people with unresolved challenges and damaged emotions.

I have found that along with:

- **intellectual doubts** [when people are really searching but don't understand] and
- **spiritual disobedience** [when people do understand but don't do anything about it]
- **personal problems and inner emotional conflicts** keep many people from becoming Christians and keep many Christians from enjoying the abundant life promised in John 10: 10

I agree with Sam Shoemaker who said, "*Everybody has a problem, is a problem or has to live with a problem.*"

NOTHING IS AUTOMATIC!

I have found that a person's emotional problems are not automatically healed at salvation!

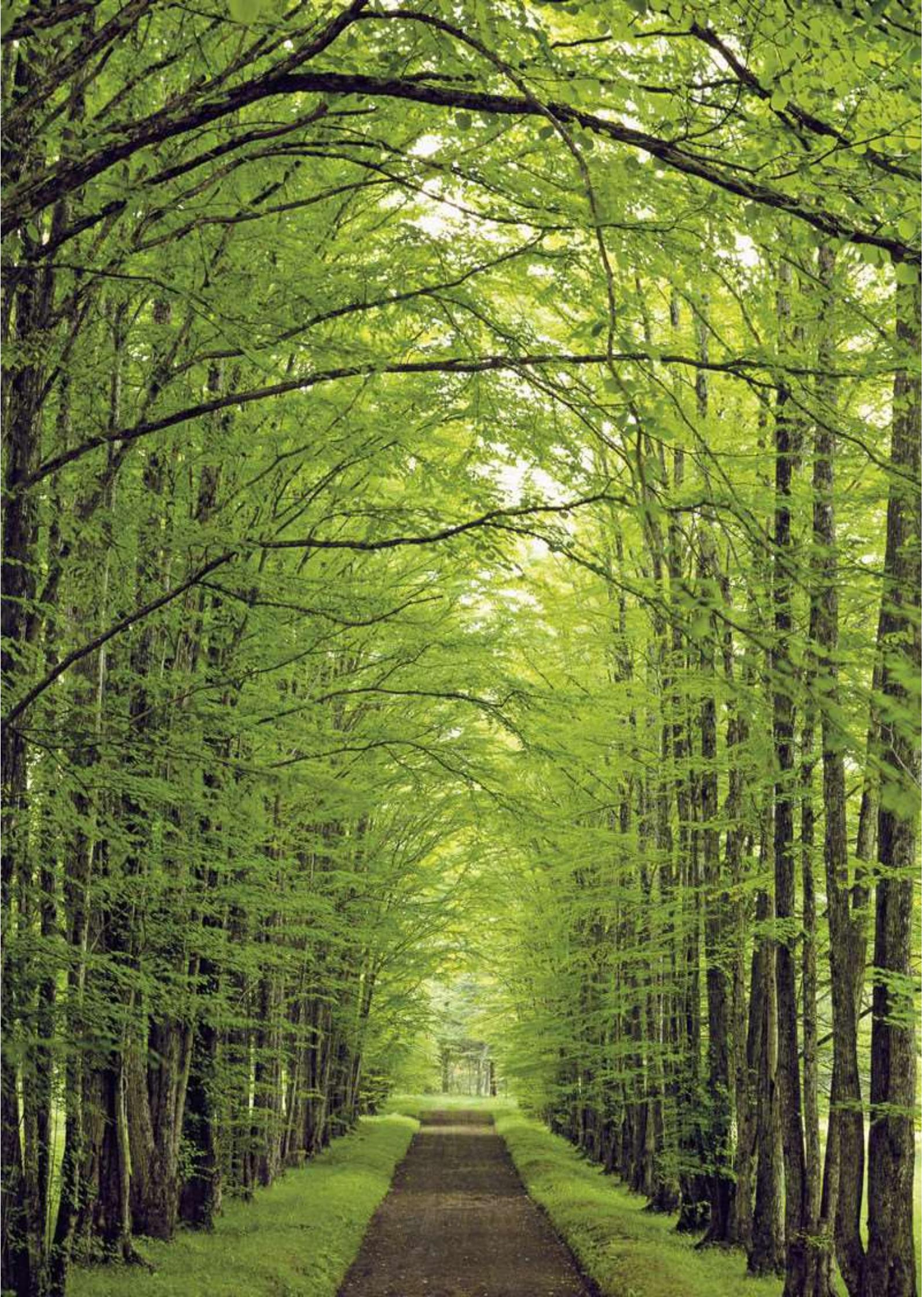
The apostle Paul clearly stated, "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" [2 Corinthians 5:17]

Yes, everything *is* new – but not everything *changes!* This happens as the follow of Christ lives according to the precepts, principles and promises of the Word of God. We are not *instantly* loaded with spiritual software that automatically causes us to function in immediate positive mental health.

The emotional infant or the psychologically impaired adult is not immediately made a 'mature' person with an automatic default to complete 'wholeness!'

People get confused during times of revival when they fall from a spiritual 'Cloud 9' as they return to the normality of life at work, school, university or the office.

They find they still get angry when someone 'gets on their goat.' "What happened to the blessing I just received at the meeting?" they think to themselves.



A CHOICE OF TWO ROADS

When that happens, they make a choice to walk down one of 2 roads:

DENIAL

They say to themselves, "*Christians cannot have problems – I am a Christian – therefore I do not have a problem.*"

Christians may choose to severely repress [deny they have] inner problems by crushing them the moment they show themselves – both inwardly and outwardly.

Far from facing them and trying to resolve their problems, they may deny they even exist.

So, they are driven deep within them, but not to lie dormant; rather, to reappear in disguised form. This is a form of dishonesty.

- Countless health problems,
- Nervous problems plague one's life, or a
- A terribly unhappy marriage situation develops.

They become defeated Christians and may even crack under the severe strain as the years go by and the problems multiply.

DISILLUSIONMENT

On this road walk people who are at least are honest. They say, – "*But it doesn't work out for me!*"

Christians troubled with maladjusted impulses in their lives [even after they have tried to give themselves completely to God] may honestly recognise their continued presence and become disillusioned with their Christian experience.

They begin to doubt.

Spirit-filled living seems an unreality to them – something to be longed for, but something that just doesn't work in everyday living.

Yes, Satan does use emotional and personality problems to bind people.

FOUR QUESTIONS

That's why I want to address four questions

1. "Why is it that Christians who love God can still struggle with emotional problems?"
2. "What happens to Christians who think they should not have any problems because of their spiritual commitment?"
3. "What are some of the most common problems or areas of emotional 'damage' facing Christians?"
4. "How does God intend for us to receive healing of the damaged areas of our personalities?"

These questions plague the Christian who faces frustration and conflict.

And many Christians have become confused as they have been given the impression that the infilling of God's Spirit should automatically ensure perfect personality functioning.

I wish it were so!



THE ICEBERG OF PERSONALITY!

An iceberg lies largely below the surface of the water with only a small part showing above. So the conscious mind is only a tiny segment of the whole person.

What you see in a person is not the whole.

There is a subconscious mind *under* the water level.

In that subconscious mind are stored the long-forgotten memories and experiences of childhood that occasionally reappear if a storm strong enough comes our way to turn over our lives and expose that which is normally hidden under the waters of everyday living.

Don't you think the apostle Paul "thought" about Stephen's stoning when he himself was being stoned? He presided over Stephen's death in the stoning pit in Jerusalem. Of course he would remember.

Sometimes great waves of trouble turn us over and expose, even if only for a moment, the infirmities and weaknesses in our lives.

Add to this what we have inherited physically, socially are our complicated temperaments which can make matters even worse.

Because we live in a sinful, irrational, and imperfect world, every one of us comes to adult life with some damaged areas in our personality.

We all bear emotional scars.

Some carry many more or deeper scars than others, but all of us bear these damaged areas in our personalities.

In today's world, emotional disturbances have increased greatly.

- The rise of divorces and broken homes;
- Our tragic overemphasis on sex to the point where it has become almost an international obsession with us;

- the increase of illegitimate births;
- the growing use of alcohol and drugs;
- the breakdown of discipline and personal responsibility;
- Parents who are too busy or preoccupied to commit to parenting.

These are some of the results of and factors contributing to the development of damaged personalities in our society.

Dr. David Seamons, a noted Christian psychologist said,

"Whether through our own fallen temperament, wilful disobedience, or as victims of the hurtful actions of others, many of us struggle with crippling emotions – among them are perfectionism, depression, and low self-worth. The pain is often present with us even though the incidents and relationships that caused it may be long past."

He identified a number of complexes that can be present in our lives and make us like this lady in the synagogue, always looking down – no beautiful birds or pretty flowers in sight – always seeing dirt and vermin and people's dirty feet.

Advice!

Her friends and family may have spoken to her, encouraging her to "*straighten up and not be so round-shouldered*" when she was a teenager – good advice, but poor diagnosis – this woman was hurting!

Please be careful with the advice you give – encouragement – yes, but *advice* please be careful.

My wife and I have counselled so many people who have been given 'advice' – even a "*word from God*" but the person has gone away bowed lower with disappointment and inward sorrow.

Remember, I am not against giving advice, but don't use cheap charismatic clichés or throw-away testimonies that damage others – you walk away upright and the person bows lower.

She tried to straighten up but cannot do it – an infirmity – yes – and a spirit of infirmity.

What things do we often see people experiencing?

THOSE WITH DEEP FEELINGS OF INFERIORITY WHO EXPRESS THEMSELVES BY SAYING 'I CAN'T!'

There is:

- An inner, nagging sense that you are no good
- A perception that you'll never amount to anything
- A nagging thought that no one could possibly ever love you
- The belief that everything you do is wrong
- Always a continual sense of anxiety and fear.

When such a person becomes a Christian, they believe in God's love and forgiveness with only the conscious part of their mind.

Very soon in their Christian life everything within their deep inner mind rises up to say that their new-found forgiveness is false.

Their unconscious mind cries out, *"Don't trust it! It's a lie! Don't cry out! Don't pray! There's really no one there to relieve your anxiety!"*

Remember, because we live in a sinful, irrational, and imperfect world, every one of us comes to adult life with some damaged areas in our personality.

What has happened?

- The Good News has not penetrated into that deep and damaged self;
- The deep feelings of inferiority have yet to experience the grace of God;
- They too, must be healed;
- Those deep scars of the subconscious mind must be touched by the rehabilitating love of Christ.

THOSE WITH THE PERFECTIONIST COMPLEX, WHO EXPRESS THEMSELVES BY SAYING, 'I SHOULD!'

That inner feeling that no matter what you do,

- You can never achieve adequately
- You never do enough
- You are never able to please anybody, especially yourself
- You are always groping, always striving and always feeling guilty, always driven by the terrible "tyranny of the things you *ought* to do."
- You are perpetually climbing but never arriving.

What happens to these compulsive perfectionists when they become a Christian?

Tragically enough, they usually transfer their impossible goals to their relationship with God, and those areas become to them an ever-increasing demanding tyrant.

God is enthroned near the top of a ladder and the Christian with the perfectionist complex forever climbs. But when they approach the top, God has moved up another rung.

How difficult it is for such a person to place their complete trust in Jesus Christ and to rest in His love. How painful for them to try to receive victory in the Holy Spirit!

THE SUPER-SENSITIVE PEOPLE WHO EXPRESS THEMSELVES BY SAYING 'I OUGHT!'

They usually have been deeply hurt.

- They have reached out for love, approval and affection, but life has given them the opposite
- Scars have developed deep inside
- They see things to which others are blind
- They feel things to which others are insensitive
- They are shattered by perfectly normal or accidental happenings

- They feel that people are against them and tend to interpret every casual happening in this light
- They have to have constant reassurance
- But they can never get enough.

Yet again, a super-sensitive person may react in just the opposite way I have been describing.

Life has been cruel to them, so they get tough and want to hurt others, as they have been hurt.

They go through life pushing people around, hurting, dominating, using money or authority or position or sex to prove themselves.

Does this affect their Christian life? Of course it does – deeply.

THE FEARFUL ONES, WHO EXPRESS THEMSELVES BY SAYING – “I WON’T!”

They represent another type of emotionally crippled people. They:

- are filled with An overwhelming fear of failure
- are so afraid of losing the game that they take a simple way out, they never play the game!
- may choose to sit on the sidelines and say, “I don’t like the rules.”

Fearful people simply cannot make a decision.

- They are paralysed by the fear of making a wrong choice;
- They are obsessed with a fear of failure.

Do these damaged people face difficulty in living the Christian life?

Indeed they do.

- Decisions tear them apart
- Faith comes hard
- Sharing their faith is difficult

- To launch out with the Holy Spirit is almost a traumatic experience
- Self-discipline is not easy for them
- They tell themselves that they would act differently if circumstances were right, but since the right circumstances never come, they seldom do anything.
- They live in a nebulous world of "if only's."

THE REST OF LIFE?

Finally, there is the *rest of life* that we must consider in relation to damaged personalities.

Paul, in writing to the Christians in Corinth, said that "he was determined not to preach anything to them except Jesus Christ and Him crucified." [1 Corinthians 2:2

The epistle then deals with every kind of problem imaginable: quarrels, party splits, court cases, property disputes; every kind of sex problem—incest, prostitution, premarital relations, post-marital relations, divorce and widowhood!

Then follows words on dieting, vegetarianism, getting drunk at the love feasts, communion, speaking in tongues, death, funerals, taking up the collections, and the "get everyone giving money" campaign.

What did he mean?



HEALING FOR DAMAGED EMOTIONS

Does the church have a message for all these we have mentioned and many others?

If not, let's close up shop, shut down the church and go home.

Damages or Repairs?

What message does God have for us with these damaged areas in our personalities and emotions?

An old farmer was in an automobile accident. As usual, along came an amateur lawyer. He inspected the bashed fenders and battered doors and said to the farmer, *'Man, you ought to collect some damages for this.'*

The puzzled farmer wisely replied, *"Damages? I've collected enough damages already. What I need are some repairs!"*

What are the repairs we need for the emotional damages we have collected during our lives? What can God do for us who bear "spirits of infirmity" that plague us, defeat us, and keep us from being His effective instruments?

Can we expect the Holy Spirit to help us bear our infirmities? Does He just give us a cane or a crutch to support our limping for the rest of our lives?

No!

He *does* give comfort, but his help does not stop there.

"Likewise the Spirit also helps our infirmities, for we know not what we should pray for as we ought... And he that searches the hearts knows what is the mind of the Spirit, because he makes intercession for the saints according to the will of God." [Romans 8:26-27

This is what we need!

We have called Him the Comforter – and He is – but we get a wrong spin on His ability. He just doesn't put an arm around us and make us comfortable. I can get into a chair and put my dog on my lap and be comfortable!

He is the Divine Paracletos the Divine Counsellor – He comes along side of us from *over on the other side!*

He knows the depths of our minds and can reach deep into our subconscious and unconscious minds and minister there too.

He does this by showing us how to pray, by teaching us what to really pray for, by interceding for us when “We do not know how to pray as we ought.”

Remember, though, the Holy Spirit works *with* us.

“*What is our part in this great healing process?*” you may be asking.

YOU NEED TO FACE YOUR PROBLEM

Do not walk down the pathway of dishonesty or disillusionment!

Face your problem squarely, with ruthless honesty, with another person if necessary.

Whatever it is;

- Whatever dreadful hidden childhood memory
- Whatever experience
- However deep that terrible feeling within you
- Acknowledge it to yourself and to God and if necessary [and it usually is] to at least one other person.

I say, “at least *one* other person,” because we are usually so enmeshed in our problems, we cannot see our way clearly and tell everybody.

Many of our damaged emotions have long ago been pushed deeply out of awareness and sealed off from any conscious recognition.

A mature, trusted friend or a sensitive professionally trained person could gradually help us face our hidden selves and our repressed wounds, fears and pain.

This may be the most difficult part of the entire healing process – reliving and remembering the old wounds and emotional scars.

Opening up our wounds to another person also allows them to become instruments of God’s grace.

Just like many of our damages grew out of anxious, hostile, guilt producing or rejecting experiences ...

So new attitudes of

- Self-acceptance
- Confidence
- Forgiveness can begin to take root in the soil of love and acceptance
- By mature, caring, insightful friends and professional counsellors.

YOU NEED TO FACE YOUR OWN RESPONSIBILITY IN THE MATTER.

You have been sinned against. You are a victim; someone has hurt you; indeed, you were never given love ... only rejection.

But what has been *your* response to all of these things? What about *your* part?

What about the fact that *you* learned to resent and to hate?

Granted, your parents never told you anything about sex and in your innocence you were easily led into sin.

Agreed, that was the way it happened the first time, but what about the *second* time?

Now who must take responsibility?

Life is like a weaving loom and shuttle.

Life deals you the personality, temperament and physical threads on the loom and even throws the shuttle of circumstances in your face.

But you have the choice of passing it back the other way!

Every life is a complicated tapestry, woven of variegated strands of thread; we have sometimes been victims, but we have also helped in weaving the design.

Face this fact.

ASK YOURSELF JESUS' GREAT QUESTION: "WILL YOU BE MADE WHOLE?"

Do you really want to be healed?

The lame man had lain by the pool of Bethesda for thirty-eight years and Jesus seeing him asked, "Do you want to be healed?" [John 5:6] It was either the

- dumbest
- stupidest or
- most insensitive question to ask.

Or it was the *best* question to ask.

In other words, Jesus was saying "*Do you want to stay where you are and keep on using your handicap to get sympathy from others, to use it as a built-in crutch, so for the rest of your life you can walk with a limp – or do you want to be healed?*"

The Leaning Tower of Pisa has been slowly continuing to tilt for over eight hundred years. If the tower leans one or two centimetres more it could come crashing down. All who would save the tower agree intervention is necessary. It was on the news again some time ago – you can climb the tower again now.

Dr. Lucian Chiti, the Pisan Secretary for Tourists in the local Chamber of Commerce said "the problem was to halt the leaning, not to straighten the tower completely. That would be terrible! There would be no more tourists and we'd be ruined!"

Is this your attitude?

Do you really want to be healed, or do you just want to feel better?

Do you want to get straightened up, or do you just want your "leaning" halted a bit?

Jesus laid his hands on the infirm woman and straightened her back, but only after He had healed her of her real trouble.

First he freed her of her "spirit of infirmity" – then He straightened her back.

First He gave the emotional healing, then the physical touch.

We often pray prayers that the Holy Spirit cannot answer, "*Relieve my pain and depression and inner agony,*" we may ask the Lord. But that pain may be a blessing in disguise, which will lead you to get help in finding the real source of your problem.

Do you truly want this help?

ASK THE HOLY SPIRIT TO SHOW YOU WHAT YOUR REAL PROBLEM IS.

He may show you through someone else. Some problems we cannot discover directly ourselves.

The early Church put great emphasis on sharing with one another.

"Confess your faults one to another." [James 5:16]

We have largely lost this practice.

John Wesley emphasised the need of being part of a small group. There is a very powerful potential for healing there.

But let me say, do not use the small group to 'hang out your dirty washing' – establish the maturity and the spirituality of the group first.

And don't tell everybody – you'll eventually find someone who will agree with you!

A real cure for damaged emotions is to be found in surrender and prayer.

But first the hidden hurt and the root cause of the matter must be brought up from the unconscious level.

Only then can it be surrendered and prayed for; only then can the Holy Spirit heal the wound, as only He can do.

Getting to the real problem is one of the great contributions a caring friend or professional counsellor can make.

What is the "damaged emotion" in your life that is acting as a hindrance to "faith, which works by love?"

What is that emotional wound which occasionally erupts in a recurring behaviour pattern, which brings defeat and shame to you?

When the contrary winds of the storm turn over your iceberg and expose momentarily the real hurt. And the "storm" may be the most ridiculous thing to cause it!

When you have argued with your closest friend and even to your surprise, the hurts have risen from your sub-conscious mind.

Let us come to the great Counsellor, the Holy Spirit, and with His help find that wholeness which our Heavenly Father wants to give every one of us.

Another translation puts it, "And in like manner also the Spirit lends us a helping hand with references to our weaknesses, for the particular thing that we should pray for according to what is necessary in the nature of the case, we do not know with an absolute knowledge; but the Spirit himself comes to our rescue by interceding with unutterable groanings." [Wuest]

Do not be tempted to avoid the issue and quit.

Never quit!

No matter how hopeless your situation seems, do not quit.



I heard this delightful story:

One day a farmer's donkey fell into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally, he decided the animal was old and well needed to be covered up anyway.

It just was not worth it to retrieve the donkey. So he invited his neighbours to come over to help him bury it. They all grabbed shovels and began to throw dirt into the well. At first, the donkey realised what was happening and cried horribly. Then, to everyone's astonishment, he quieted down. A few shovel loads later, the farmer finally looked down into the well and was astonished at what he saw.

With every shovel of dirt that hit his back, the donkey would shake it off and take a step up. The more dirt thrown down on him, the closer he got to the lip of the well. Pretty soon, everyone was amazed when the donkey stepped over the edge of the well and trotted off.

Life is not always easy. Sometimes you fall into a pit and people start to bury you. The dirt falls on you. The trick to getting out of that hole where you have fallen is to shake off the debris and take a step up.

Every trouble we encounter is a potential stepping stone to the top. We get out of our situations not by quitting, but by shaking off the dirt and taking a step up.

The book of Philippians teaches us you have three options when confronted with Old Man Trouble: you can resent it, you can resign your call, or you can rejoice in all things, as Paul did.

We ought to at least have as much sense as a donkey!



A PRAYER

“Lord, I realise that everyone in this world has fallen so far from your ideals. There are people hurting. And i am hurting. But, so as I am not distracted by the enormity of the needs of the world, at this moment I focus on me – and you! I bring myself to you – just as I am.

I am covered with the dust of failure, but I will take this as an opportunity to step up towards you. I need to get out of my well – the “spirit of infirmity” has bent me over for too long – I want to walk upright!

Touch me now and cause me to walk with my eyes off the ground to see things that are above me – and reach out to those possibilities – by your amazing grace.”

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