



For I am poor and needy, and my heart is wounded within me. (Psa 109:22 KJV)

Even King David, ruler of Israel, the most powerful man on the planet in his day, said his heart was wounded. The Psalms are filled with the descriptions of David's pain from the traumatic events he suffered in his life. Time and time again though, the wounds on David's heart became scars, and the scars healed, and the pain was whisked away.

When walking down the road of life every warrior's heart is going to get wounded, much like David's. The size and severity of the wounds will fluctuate and the Holy Spirit is here to heal us and help us not to become casualties of the war within.

In a sermon Cal Pierce completed for us on, "Dealing with PTSD," Cal talks about past trauma equaling a present reality. It is one thing to get wounded; it happens to the very best of us, even King David. Yet it is another thing to embrace and hold onto all the hurts, pain, and wounds from your battle to your death bed, as some do.

Whether dealing with PTSD, the pain of divorce, a relationship breakup, the death of a friend or loved one, wounds from childhood, or any pain in your life that you might have from past trauma, don't feed your pain so you have a continual daily dose and live with a present reality of pain every day, from something that happened in your past. It is not God's will for you, but you can choose it by feeding it.

One way not to feed your pain, is not to focus and dwell on your battle wounds. The Bible teaches to take every thought captive into the obedience of Christ. (2 Cor 10:5) The reason many warriors struggle, is that they haven't conquered the battle in their mind. They continually dwell on the negative and the pain. Instead do battle. When the negative thoughts and pain come into your mind, attack. Take every thought captive, as the scriptures says, not just some of your thoughts. Put them in their place, make them your prisoner. Say the Lord is my strength. Together we will conquer this, and He will lead me to victory. David strengthened himself in the Lord in a similar manner.

Remember to stay focused on the beautiful life God has planned for you, not the ashes of your past. He wants you to live a victorious life and prosper in all things and be in health just as your soul, your heart, and your inner man prospers despite your outward circumstances. (3 John 1:2) He will trade your ashes for His beauty and whisk away the wounds of your heart with His Love.

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