

The Delighted Soul

A SIMPLE CHRISTIAN GUIDE TO
HEALING



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MY HEALING JOURNEY

FOR DECADES I LIVED WITH DEEP SHAME, FEAR, REJECTION, AND A WARPED VIEW OF MYSELF, DUE TO TRAUMA SUFFERED EARLY IN MY LIFE.



MY HEART WAS IN CONSTANT PAIN AND TURMOIL, AND NOTHING SEEMED TO HELP ME.

I DIDN'T KNOW GOD, I DIDN'T VALUE MYSELF, AND I ALSO DID NOT TRUST ANYONE. AFTER MANY YEARS OF LIVING LIKE THIS, THERE CAME A POINT WHERE I FELT I COULDN'T TAKE IT ANYMORE.

IT WAS IN THAT MOMENT, MY
LOWEST, THAT JESUS MET ME.

HE LED ME INTO A COMMUNITY
THAT LOVED ME, PRAYED FOR ME,
AND TAUGHT ME HIS WORD.

MY HEALING DIDN'T HAPPEN
OVERNIGHT. IT HAPPENED
THROUGH SURRENDER, HONESTY,
TRUTH, COMMUNITY, AND
OBEDIENCE.

THIS GUIDE IS THE PROCESS GOD
WALKED ME THROUGH —AND HE
CAN HELP YOU TOO.



STEP 1: RETURNING TO GOD

KEY MESSAGE: HEALING STARTS
WITH SURRENDER

ALTHOUGH I HAD NO ACTIVE ROLE
IN BREAKING MYSELF INITIALLY,
I FOUND THAT I CONTINUED THE
PROCESS OF BREAKING MYSELF
AS LONG AS I REMAINED DISTANT
FROM GOD.



LUKE 15 TEACHES US THAT AS
LONG AS WE ARE PRODIGAL SONS
WHO ARE FAR FROM THE FATHER,
WE WILL EAT WITH PIGS. OUR
INHERITANCES AND BIRTHRIGHTS
ARE RESTORED WHEN WE RETURN
TO HIS LOVING EMBRACE.

IT WAS NO DIFFERENT WITH ME.
THE WORLD HAD NO GOOD THING
FOR ME. RATHER IT TOOK WHAT
LITTLE HAD REMAINED AT THAT
TIME.

THE FIRST STEP TO THE
RESTORATION OF MY SOUL WAS
MY REPENTANCE.

PRAY WITH ME: FATHER, FORGIVE
ME FOR EVERY WAY I HAVE
SINNED AGAINST YOU. FORGIVE
ME FOR SINNING AGAINST
MYSELF, AND FORGIVE ME FOR
SINNING AGAINST OTHERS.
TODAY I RETURN TO YOU, SPIRIT,
SOUL AND BODY.
IN JESUS' NAME.



STEP 2: POURING OUT YOUR SOUL TO GOD



KEY MESSAGE: WHAT
YOU HIDE CANNOT BE
HEALED

SCRIPTURE: PSALM 62:8

SOME HAVE SAID THAT FOR THE
OIL TO PROCEED FROM US, WE
HAVE TO ENDURE THE LORD'S
CRUSHING.

FOR ME THIS LOOKED LIKE A
TOTAL STRIPPING AWAY OF
EVERYTHING THAT WAS FAKE;
EVERY FACADE, MIRAGE, IDOL
AND INCORRECT MINDSET.

GOD TOOK ME THROUGH HIS
REFINING FIRE WHERE
EVERYTHING THAT WAS NOT OF
HIM HAD TO BURN TO ASHES.

TO BE FREE, AND FOR GOD TO DO
HIS DEEP INNER WORK IN ME, I
HAD TO SURRENDER ALL OF ME
TO HIM.



THE UGLY, THE SHAMEFUL AND
THE DEEPLY SEATED PAST
HURTS; THEY ALL HAD TO COME
TO THE MESSIAH'S FEET SO THEY
COULD NO LONGER CONTROL ME.

JOURNAL WITH ME: WHAT AM I
TOO ASHAMED TO TELL GOD?
WHAT DO I BELIEVE I CAN NEVER
SHARE WITH ANYONE, EVEN GOD?

STEP 3: RECEIVE TRUTH

KEY MESSAGE: LIES KEEP YOU BOUND. TRUTH SETS YOU FREE.

WITH THE COMPLETE SURRENDER TO THE INTENSIVE AND RADICAL HEALING OF THE LORD, CAME THE OPPORTUNITY FOR THE FATHER TO DELIVER SPIRITUAL TRUTH TO ME.

MOST THINGS HE SHOWED ME I DID NOT KNOW. YET DESPITE MY IGNORANCE, I WAS STILL LIVING IN THE CONSEQUENCES OF THOSE REALITIES.





SCRIPTURE IN JOHN 8:32
TEACHES US THAT IT IS IN
GETTING TO KNOW TRUTH THAT
WE ATTAIN OUR LIBERATION.

THAT GOD REVEALED THE ERROR
OF MY WAYS WAS AN ACT OF HIS
GREAT LOVE AND MERCY,
BECAUSE THEREAFTER I COULD
HUMBLE MYSELF TO HIS WORD
AND REPENT.

MEDITATE WITH ME: READ JOHN
8:32 AGAIN, AS WELL AS JOHN
17:17. TAKE A MOMENT TO BE
STILL IN GOD'S PRESENCE AND
LISTEN. WHAT IS THE SPIRIT OF
GOD IMPRESSING UPON YOUR
HEART?

STEP 4: HEAL IN COMMUNITY

KEY MESSAGE: ISOLATION DELAYS HEALING.

TO SUPPORT AND FAST-TRACK MY JOURNEY, GOD PLACED ME IN THE MIDST OF A LOVING AND SUPPORTING COMMUNITY OF BELIEVERS, WHO LATER BECAME MY SISTERS.



THROUGH HIS PEOPLE, GOD PRACTICALLY
DEMONSTRATED HIS LOVE AND WHAT SACRIFICIAL LOVE
ACTUALLY MEANS. THESE SELFLESS AND GOD-
HONOURING ACTS HEALED MY HEART AND SET ME FREE
FROM THE REJECTION THAT HAD PLAGUED MY LIFE.

THROUGH MY SISTERS, GOD WAS TELLING ME, I AM
LOVEABLE, I AM LOVED AND THAT HE, AS THEY WERE
DEMONSTRATING TO ME THROUGH THEIR SACRIFICES,
DIED FOR ME.



CONFESS WITH ME: I AM NOT ALONE. GOD IS WITH ME
AND HE PLANTS ME IN A FAMILY OF BELIEVERS WHO WILL
NOURISH MY SOUL. I AM THE DAUGHTER OF A KING. MY
WORTH IS THE BLOOD OF JESUS. I AM NEVER FORSAKEN.

STEP 5: BECOMING A NEW CREATION

THE BIBLE TEACHES US THAT IT IS ONLY IN DOING THE WORD OF GOD - APPLYING IT - THAT WE BECOME TRANSFORMED.

THEREFORE THE CHRISTIAN WALK, AND THE RESTORATION OF OUR SOULS, HINGES HEAVILY ON OUR FAITHFUL OBEDIENCE TO THE WORD OF GOD. IN THIS PART OF MY JOURNEY, OBEDIENCE COULD NO LONGER BE NEGOTIABLE. THE WORD OF GOD HAD TO BECOME THE FINAL AUTHORITY IN MY LIFE AS THERE WERE CONSEQUENCES FOR DISOBEYING THE LORD. WHETHER IT WAS THE WRITTEN OR THE SPOKEN WORD OF GOD, I FINALLY UNDERSTOD THAT MY DUTY WAS TO OBEY.



GOD THEN UNDERTOOK THE ARDUOUS PROCESS OF TRAINING ME TO HEAR, RECOGNISE AND UNDERSTAND HIS VOICE, WHILE ALSO TEACHING MY HEART TO YIELD ITS WILL TO HIS, BECAUSE TIME AND AGAIN HE PROVED TO ME THAT HIS WAYS WERE INFINITELY BETTER, AND CERTAINLY ETERNALLY WISER, THAN MINE EVER COULD BE.

DURING THIS TIME HE TAUGHT ME THAT HE PLAYS THE LONG GAME, WITH AN ETERNAL AND HOLISTIC APPROACH TO LIFE, WHICH MY FINITE AND OFTEN SELFISH VISION PREVENTED ME FROM FULLY SEEING.

THIS WAS THE AREA IN WHICH I NEEDED THE MOST GRACE AS I FAILED SO OFTEN AND FOR SO LONG IN FULLY SUBMITTING MYSELF TO GOD.

YET GOD REMAINED FAITHFUL, LEADING ME AS A LOVING FATHER TO THE OUTCOMES HE DESIRED FOR MY LIFE, AND PROVIDING ME INNUMERABLE CHANCES TO REPENT AND TRY AGAIN WHENEVER I FELL SHORT OF HIS STANDARDS.



ROMANS 8:14 TEACHES US THAT THE SONS OF GOD ARE THOSE WHO ARE LED BY THE SPIRIT OF GOD. THIS PROCESS WAS THE LORD GROOMING ME FOR SONSHIP, TEACHING ME TO TRUST HIS VOICE SO THAT I WOULD BE ABLE TO RECOGNISE HIM AND HIS WAYS BEYOND A SHADOW OF A DOUBT, AND SO THAT ONE DAY HE WOULD BE ABLE TO USE ME.

THEREFORE HE PREPARED ME TO BE WELL-VERSED AND WELL-INSTRUCTED IN HIS WORD, VOICE AND WAYS, SO THAT ULTIMATELY HE WOULD RECEIVE THE GLORY AND HONOUR FROM THE LIFE THAT HE HAD SO LOVINGLY AND MERCIFULLY SALVAGED FROM DESTRUCTION.

SONSHIP IS THE LORD'S DESIRE FOR ALL OF HIS CHILDREN. TO ENTER THAT REALM, WE NEED TO BECOME PURE VESSELS AND WAIT ON THE LORD, IN SPIRIT AND IN TRUTH.



WE NEED TO EMPTY OURSELVES AND BECOME AVAILABLE TO THE LORD FOR WHATEVER IT IS THAT HE MAY DESIRE OR REQUIRE OF US.



ONE OF THE WAYS THE LORD TAUGHT ME TO WAIT UPON HIM WAS THROUGH PRAYER AND FASTING. THESE PRACTICES STRENGTHENED MY SPIRIT, WHILE SIMULTANEOUSLY TAMING THE FLESH SO THAT I COULD FULLY SUBMIT TO GOD IN ALL THREE OF MY BODIES, SPIRIT, SOUL AND MY PHYSICAL VESSEL. THAT IS HOW GOD LOOSENEED AND ULTIMATELY BROKE THE CHAINS THAT HAD HELD ME IN BONDAGE FOR SO MANY YEARS.

THERE IS POWER IN BREAKING THE HOLD OF THE FLESH.

SET ASIDE SOME TIME TO FAST AND SEEK THE LORD IN PRAYER: THIS IS A PRACTICE YOU GROW IN. ONE CAN START BY FASTING A SINGLE MEAL, A CERTAIN NUMBER OF HOURS IN A DAY, ETC. WHAT IS IMPORTANT IS TO MAKE THE TIME TO PRAY DURING THE TIME OF FASTING,

AND TO ALSO LISTEN TO THE PROMPTINGS OF THE LORD
AS YOUR SENSITIVITY WILL BE HEIGHTENED AT THIS TIME.

BE SURE ALSO TO GIVE A SACRIFICE, WHETHER OF FOOD,
TIME, MONEY OR SERVICE. THIS HONOURS THE LORD AND
AIDS WITH THE ANSWERING OF YOUR PRAYERS.

AND THAT IN A NUTSHELL IS HOW THE LORD MOVED ME
FROM BROKEN TO RESTORED, HOPELESS TO GRACED, AND
FROM A DESTINY STOLEN, TO A DESTINY RESTORED BY HIS
WONDERFUL LOVE.

THAT IS THE HOPE AND ASSURANCE THAT WE HAVE IN
CHRIST; THAT THROUGH THE GREATEST SACRIFICE THE
UNIVERSE HAS EVER SEEN, OUR DESTINIES AND ORIGINAL
PURPOSES THAT GOD HAD FOR US ARE SECURE.



MY PRAYER FOR YOU IS THAT YOU MAY FIND AND DWELL IN CHRIST; BE COMFORTED BY HIS LOVE, AND ENJOY THE PLEASURES THAT ARE EVERMORE AT HIS RIGHT HAND.

IF YOU DO NOT YET KNOW JESUS CHRIST AS LORD AND SAVIOUR, SAY THIS PRAYER: LORD JESUS, I AM A

SINNER. FORGIVE ME FOR MY SINS. TODAY I ASK THAT YOU COME INTO MY HEART, AND BE THE LORD OF MY LIFE. I LAY DOWN MY LIFE - MY WILL, THOUGHTS, EMOTIONS, MORAL COMPASS AND DECISIONS - AND TAKE UP YOUR LIFE THROUGH THE SACRIFICE THAT YOU MADE FOR ME. THANK YOU FOR DYING FOR ME. THANK YOU THAT NOW I AM A MEMBER OF THE FAMILY OF GOD THROUGH YOUR BLOOD. HAVE YOUR WAY IN MY LIFE. I CONFESS WITH MY MOUTH THAT YOU ARE LORD, AND BELIEVE IN MY HEART THAT GOD RAISED YOU FROM THE DEAD. LIVE YOUR LIFE THROUGH ME FROM TODAY. IN THE MIGHTY NAME OF JESUS. AMEN!



CONGRATULATIONS! YOU JUST MADE THE BEST DECISION
OF YOUR LIFE. NOW ASK GOD TO LEAD YOU TO A
BIBLICALLY SOUND AND SPIRIT-FILLED CHURCH THAT
WILL SUPPORT AND TEACH YOU THE WORD OF GOD. YOU
NEED OTHER BELIEVERS TO GROW.

REMEMBER, DELIGHTED SOULS IS WHAT JESUS IS ABOUT.
MAY YOURS FIND ITS ETERNAL DELIGHT IN HIM!

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YOURS IN CHRIST,
ANELISA