

*Healing a Wounded Spirit*  
*Lesson 3 – Do not Flee from What is True*  
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**Introduction:** A servant of God should never fear the truth!

- A. The world values “peace” (escape) over reality.
  - 1. In the post-modern world you can chose your own reality and your own god.
  - 2. In time reality will return with inescapable consequences. **(Gal 6:7)**
  - 3. Some come out of homes where reality is an enemy. You are taught not to communicate truth but only that which the hearer wants to hear.
- B. When you speak of understanding you speak of the ability to see reality. This is primarily a spiritual issue. **(Prov 1:5-7; 2:2-7)**
  - 1. The fear of God causes a man to want to see things as they are.
  - 2. Having God as your rock will allow you to face hard realities about yourself.
  - 3. True understanding is hard. It requires spiritual commitment.  
**(Prov 12:15; 16:2-3)**
  - 4. A very common characteristic of the world is blindness. **(Jn 8:44-45; Eph 4:17-19)**
  - 5. Satan knows that lies corrupt the mind to the point you can no longer think!

**I. Choose Reality over Fear**

- A. Fear - A feeling of agitation and anxiety caused by the presence or imminence of danger.
  - 1. Fear has a proper place in our lives when it is guided by God’s knowledge.
  - 2. We can tame our fears with open eyes and open hearts to God’s will.  
**(Acts 18:9-10; 1 Pt 3:12-14)**
  - 3. Truth can hurt in the short run. Seeing reality will always be a blessing when we serve our God who shows us the path we should follow and will be with us!
- B. Fear can enslave us. **(Heb 2:14-15)**
  - 1. Fear can feed on the unknown. Most fear is founded upon ignorance.
  - 2. How many of us struggle in fear over what we think might happen?
  - 3. When we serve God we first seek to do what God says and chose not to fear any consequences of that choice! **(Mk 5:36; Jn 14:27)**
  - 4. Without God we can easily be pulled into the fears shared by others. (Ex. Spies) Satan uses fear to convince you that you cannot serve God! **(Jn 12:42)**
- C. Consider some common fears.
  - 1. The fear of facing your own sin.
  - 2. The fear of what others think of us.
  - 3. The fear of the future (choices, health, growing old...)
  - 4. The fear of needed change (taking an opportunity).
- D. Living in fear brings torment.
  - 1. When you run from your sin you often imagine many things and cut off the very people that can help you. Some seek “yes” men. **(Prov 28:1)**
  - 2. You will end up doing foolish (mindless) things. (Ex. Afraid to go to the doctor)

3. Fear is creative, it often will bring you the very thing you fear!

**(Jn 11:48-50; Mt 25:24-25)**

4. Fear causes you to hide and run from things you should face. (Ex. IRS)

“No passion so effectually robs the mind of all its powers of acting and reasoning as fear.” - Edmund Burke

E. Overcome fear with faith. **(1 Jn 4:18-19)**

1. Trusting God will allow you to ask to see your own shortcomings. There is no need to hide from the one who will forgive and help me heal.

2. Seek to build around you strong men of faith that will help you with your fears.

3. Bring out your fears and face them in the light of God's promises. God often let his servants face their worst fears. Consider Abraham and Jacob. **(Gen 32:6-13)**

4. Where is your fear holding you back?

## ***II. Stop playing the blame game***

A. Children play this game quiet often: "I did it...but it is John's fault!"

1. The "Blame Game" is an attempt to look away from our responsibilities by focusing on the others faults (real or imagined). Anger is a big part of this game.

2. By intimidation and anger one can shut the mouth of those who see our wrong.

3. There are some people you are not to rebuke! **(Prov 26:4-5; Mt 7:6)**

B. We need a clear understand as to why things happen. Wisdom comes from seeing both the good and bad of our actions. **(Prov 9:8-10)**

1. In dysfunctional families honest communication is often punished.

2. We must let our faith in God overcome our temptation to blame others.

3. How do you handle criticism? Are you tempted to interrupt another with accusations towards them, or are you willing to first listen and seek to know your own wrong? **(James 1:19)**

4. If you are casting off long held relationships in anger when you are corrected you should very carefully and urgently ask yourself some questions.

**(2 Cor 13:5; 1 Jn 2:9-11)**

C. The ugly fruits of shifting blame.

1. The blame game is one of the most injurious games we can play.

2. We become unjust and unmerciful judges. **(Jas 2:13)**

3. It never makes relationships whole, it only breaks relationships. It never unifies, it only divides. It never builds, it only destroys. It never solves our problems, it only complicates our problems."

D. Three areas in which we must stop playing the blame game.

1. Stop blaming God. This will surely destroy you. **(James 1:13)**

2. Stop blaming others! Take personal responsibility for your actions.

3. Stop blaming yourself, repent and find the forgiveness of God.

a. See the wrong you have done.

b. See what you can do. **(Jn 9:1-3)**

c. Always confess the wrong you have done.