

FOREWORD BY RANDY CLARK
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Supernatural Freedom
FROM THE
CAPTIVITY
of TRAUMA



*Overcoming the
Hindrance to Your Wholeness*



MIKE HUTCHINGS



CHAPTER 6

GOD'S HEART TO RESTORE AND HEAL THE TRAUMATIZED

In these days we are in, Father God is calling forth you and all of His sons and daughters to walk in wholeness according to His original intention for our lives. He is calling each one of us by our true God-given name, which is “beloved.” You are treasured, favored, and one who pleases God’s heart because He made you that way. No matter what you have been through, no matter how you have reacted to your life and the ways in which people have treated

you, God's thoughts and feelings about you have not changed. You are precious in His sight, so precious that He sent His only Son to rescue you from the bondage of the enemy.

So often, particularly in western culture, we think that if we just have the right formula or the right tool it will change everything for us—fix all our problems. I have a master's degree in pastoral counseling and I'm all about training for skills and learning prayer models and ways to minister to people, but ultimately it is about Jesus healing His bride. It is about the power of the Holy Spirit who comes alongside us as the comforter and who takes care of everything needed to restore our soul.

When David wrote Psalm 23, he made a declaration about the identity of the Lord Jesus as the Shepherd who restores our souls to such an extent that we shall not want for anything. What this tells me is that David experienced what it was to have a soul that needed restoring, to have a soul that needed help, and that he also experienced God's restoration. How else could he have made a statement about our soul being restored so completely that we shall want for nothing? You don't come to that kind of conclusion outside of personal experience.

Most of us have walked around at one time or another with brokenness in our soul. The Bible

talks about brokenness as a high value for a life that expresses itself in humility. Countless sermons have been preached about how God wants to break us or use us as broken vessels. The problem is that in a lot of teaching, it is hard to determine the difference between what God is doing with regard to brokenness and what the enemy has done to break and destroy our souls. There is a big difference. If we are walking around with brokenness of soul and we think God did this to us, that God caused this brokenness, then it is hard to trust Him to heal us of anything.

HE SETS THE CAPTIVES FREE

So many of us are believers and love Jesus, but we have this stuff in our souls and lives that we think is part of who we are, part of our identity. When we carry bondages for a long time, we begin to believe the enemy's lies that our bondages are our identity. We walk around with all this broken heartedness and don't realize that so much of what captivates us and holds us in bondage to feelings of shame and guilt is not part of who we are. Many of us have been told by people in our life that our brokenness is our identity, but that is a lie of the enemy. God our Father does not see us as traumatized, addicted, sinful, bad, shameful, or guilty. God sees us the way He

created us to be—whole, healthy, and free from the bondage of the devil.

You have a spirit, a soul, and a physical body. Your spirit is where the Holy Spirit comes in and joins with you; it is where your mind, will, and emotions come together to make up your soul. The promise of Jesus the Messiah was to bring good news to the poor, the demonized, and the victimized. He demonstrated this good news through healing the brokenhearted—those whose souls were broken from their experiences.

I graduated from seminary, got married, and we moved to southern Illinois to do full-time ministry in a parsonage church. I was taking every tool that I had learned in seminary and pouring it out as a pastor in my Baptist church. I was planning to show them what an amazing pastor I was and how skilled I was because I thought getting a master's degree and being ordained as a Baptist pastor would take care of my own soul issues. That was a lie. I had some strongholds and thoughts that I had carried going back to childhood. I carried all of that into my pastoral ministry. As long as things were going smoothly for me, I was able to put all that stuff in a back corner of my life. It wasn't until I began to experience failures in my ministry and my life that my brokenness came out.

Over the years I have ministered to many people who are looking for hope—hope that there is something that can change inside of them and then everything will be alright. This false notion of hope comes from a demonic, lying spirit that breeds helplessness and hopelessness. When my brokenness emerged, I found myself in a war zone. Every morning when I woke up, I was in a war over the dream of God for my life, and that war was seeking to kill, steal, and destroy what God had promised me as a beloved son. When I began to wake up to that reality, I realized that the sins, temptations, and lies that had wrapped themselves around my soul were not part of who I really was. I tried but couldn't go on faking it until I made it, trying to act holy when I was miserable and tormented on the inside.

LIVING AS BELOVED SONS AND DAUGHTERS

Bill Johnson teaches about how Jesus is perfect theology. He likes to say that anything we think about God that is not found in Jesus needs to be examined, because Jesus is the perfect representation of the Father. When we begin to think about God in terms of who He is as a father, we realize that we have got to get ourselves focused on who God really is *as Jesus has revealed Him to be*. And it follows that

we then need to see ourselves in that same light. God is calling His sons and daughters to step out of a place of slavery to our flesh, our experiences, and our desires and step into the place of being His beloved heirs.

So many of us have been born into families with pain and dysfunction. Jesus died so that we don't have to live with addiction for the rest of our days. We don't have to live with the kind of urges that make us feel ashamed and guilty. We don't have to live under a curse any longer. We can be free in Jesus' name. Even though my family came from a background of insanity, alcoholism, and suicide, Jesus Christ came and met me and saved me. He set me free and redeemed my entire family too. Whenever I hear of a Christian leader who has fallen in immorality, there is no judgment in my soul toward them. I only weep because I know what it is like to be that pastor who is preaching the message of salvation and righteousness, and speaking to my people about being holy before God, and then going home on Sunday night crying out before God saying, "I can't get rid of these thoughts in my head, this hopelessness, this broken heartedness."

The Bible likens our lives to a jar of clay in the potter's hand, the potter being God. The good news is that Jesus died on the cross for every broken

heart and every broken soul—for every shattered life. He is the only one who can put the pieces of our shattered lives back together. God already sees the victory over your life because of what Jesus did on the cross. He is calling you to take your focus off your shame, guilt, and condemnation and focus instead on what is right in Jesus Christ. You can walk in the righteousness of Christ, and when you do you will leave self-hate behind.

We have difficulty experiencing God's love not because He is holding out on us, but because of the obstacles in our own mind that keep us from seeing ourselves as God sees us. During the years that I struggled with my own issues, I was unable to look myself in the eye in the mirror because I felt such shame and guilt for all the things I had done and was doing. I felt like such a hypocrite that I couldn't experience God's love. What you need to understand is that God has already made a decision about you. He loves you, no matter what. What you do from this moment on is not dependent upon the quality or quantity of His love for you. God has already chosen to love you with an everlasting love that will never fail, and a commitment to see you become the very best of the dream He had for you when you were first conceived in your mother's womb. All of the sin, all the addictions and lies

have already been dealt with by God through Jesus on the cross. God has made His decision about you; He has decided in your favor. All you have to do is step into the truth of what God says about you.

The following testimony is from a man we will call Gene who was healed of trauma:

When I was a combat medic, I had heat stroke and was injured by lightning. During that time, I developed fibromyalgia, which was debilitating. I ended up losing my income because I couldn't work. A whole lot of thoughts were in my head. The depression was very much a struggle. There were thoughts of suicide, worthlessness, the pain was constant. It put a strain on my marriage. I really didn't have a lot of hope. You go from being a man of action, constantly helping people, to zero and you wonder where am I going with this? Where is God in this? You get lost. I had done a good job of trying to suck it up and be quiet and not talk to people about my problems. At first, I was whining and complaining, "Where is God in this? I love God and God doesn't do these

things, but yet here I am. Here I am hurting and bitter.” I hurt in my heart.

Friends of mine said I could really use some help. They thought I could benefit from deliverance prayer. I had been a lifelong Christian, led people to Christ, and I thought I had an understanding of how that worked, and I wasn't comfortable with deliverance. My friends directed me to someone named John, who asked how I was doing. I said fine, but Holy Spirit told John, “No, he needs to talk.” When John prayed for me, I didn't expect healing. I told John I wasn't comfortable and didn't believe in healing. I knew God and Jesus could heal, but this wasn't something that happened, not a church thing.

Then something connected with me saying healing was real and good and so I got prayer help. Through prayer I began to experience freedom as an intense feeling of relief. The first day after I got prayer, I woke up and realized I didn't feel as sore as usual. I thought it was just a good day; it happens every once in a while. I'd be free of pain for

a day only to have it come back. I tried many things to get rid of the pain—neurological drugs, exercise. But that day after prayer I felt different, better than even a normal day. My healing has stood the test of time, and the fibromyalgia is gone.

Before I was healed, I have gone years helping lead people to God and yet I doubted that He could walk in and say, “This isn’t my plan for your life.” There was guilt associated with my trauma. Through more prayer I let that guilt go, and that was extremely freeing. There was no longer shame for me, no guilt, no negative feelings anymore. God always had plans for me and He loves me and cares for me.

When you see yourself through the eyes of God, it is huge because there is nothing greater than seeing who you really are through His eyes and the love He has for you and the plans He has for you, and everything took place because it needed to, and He has got you. It was really hard being a person of action who takes control of situations and then being helpless.

Through prayer for healing I learned that it's okay, it's all right, it's a struggle, but God is good in the struggle. He never had any intention of letting things be as they were. I can promise you that greater is God in me than was in my world because that old traumatized guy I once was hasn't been back.

RESTORING THAT WHICH WAS LOST

As I mentioned before, our first-world western culture tends to be a throw-away culture. If something stops working, we just throw it away and get another one instead of fixing what was broken. Even in the church, when people quit working the way they are supposed to work and don't live up to our expectations, we have a tendency to throw them away or at least avoid them so that they are not part of our lives anymore. The kingdom of God is not a throw-away culture. Jesus makes all things new. He takes broken people and puts us back together again so that we can live as God intends. The covenant blessing of God for His people is His promise of shalom—of wholeness in every area of our lives.

The book of Nehemiah is a beautiful picture of God coming back to Jerusalem, a city that once

had His presence and power. It was the jewel of the earth, but because the people God planted in that city turned away from Him to worship idols, eventually the hordes came against the city and destroyed it. All of the walls that protected the city were torn down, enabling the enemy to come and go freely. Nehemiah, who was not living in Jerusalem at the time, heard about the devastation of the city, and as a man of God he wept over the report of what was happening in Jerusalem. God put it in his heart to go back there and begin to rebuild the city so as to restore it back to the jewel it once was.

One of the very first things Nehemiah did was rebuild the wall around Jerusalem. He rebuilt the wall with burnt stones that had been knocked out of the wall during the destruction of the city. Nehemiah took the burnt stones and used them to rebuild the wall, which is a picture of how God rebuilds our broken souls.

GOD'S INVITATION FOR YOU

God is inviting you to enter into the dream He has for your life in a fresh way. It begins by embracing God's truth that you are the righteousness of God in Jesus Christ. This is how God sees you and how He wants you to see yourself. He is eagerly waiting to put the shattered pieces of your life

back together as He restores your soul. His goodness and mercy are running after you every day of your life with His invitation to be His beloved who dwells in His house forever.

King David wrote Psalm 23 as a way to metaphorically express his understanding of the Lord as the good shepherd who lovingly cares for His flock, keeping us safe and providing for our physical and spiritual needs. God's goodness and grace are evident in every line of Psalm 23. Receive God's invitation to walk with Him right now through His green pastures, to rest beside His still waters, to walk the path of righteousness He has for you. He is inviting you to sit at the table He has set in the presence of your enemies and marvel at how He heals you and invites you to receive His spirit of adoption so that you may live in freedom with Him now and forever.

*The Lord is my shepherd: I shall not want.
He makes me lie down in green pastures.
He leads me beside still waters. He restores
my soul. He leads me in paths of righteous-
ness for his name's sake. Even though I walk
through the valley of the shadow of death, I
will fear no evil, for you are with me; your
rod and your staff, they comfort me. You
prepare a table before me in the presence*

of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever (Psalm 23 ESV).