

Navigating the Maze:

Healing from childhood pain

scriptures

stories

poetry

songs

I began writing devotionals in about 2007 while I was in Ethel Herr's writing group. I'm afraid I was quite a preacher then—writing a lot of information but not connecting well with another's soul. I was still in my head and learning to process in my heart. Ethel and the others taught me to start with a story (hopefully my own) and write prayers that came from my experience. When I went to rewrite these devotionals, I finally got it! ☺ Miss Preacher stepped aside and Miss heart burst forth as I had in writing my songs and poetry.

You may think of devotionals as churchy, ethereal, impossible to do, and not practical—with topics like glory, holiness, and righteousness. If you're looking for that, stop here and go no further. For my healing journey is fraught with perils, and evil, and heart-wrenching traumas. I say it like it is. I deal with topics you don't often hear about in the church—hatred, rage, revenge, calamities, rape, and a deeply broken heart. I wrestle with God. I had to learn to fight spiritually with the demonic and evil cosmic realm. My body suffered greatly from my abuse and spiritual attacks. Perhaps you, too, will be able to relate to my sobs and utter brokenness.

If you're struggling, if you're in a church with people that can't relate to your intense pain, you might want to read *Navigating the Maze*. When I started to heal, I had few to help me. Few books were published that spoke to my heart that led me to the love of my Shepherd Jesus and the power of the Holy Spirit.

As I was completing the first draft of this book, my husband suggested I include a CD in the back cover to go along with the devotionals. That led to my deciding to include both lyrics and poetry within the book, with a code that will allow a person to access the songs through my website so they could listen as they read the lyrics.

I've included questions after each devotional/song/poem so that a person or group could more fully process these issues.

I'm currently (May 2020) still writing up questions to go along with the book. I need an editor who understands abuse and the financial resources to pay that person. At this time, my current thought is to publish it only as an e-book or pdf that could be bought through my store, Amazon, or other healing websites. All ideas are welcome.

I'm including the outline below if you are interested in seeing the current **Table of Contents**. Following the outline are two devotionals as examples of the rest: *Fear keeps us from healing* and *What do I do with my hatred?*

TABLE OF CONTENTS

Outline for Navigating the Maze

Introduction

Dedication

Thank You

Translations used

Words of Life

Poem: *Eyes on You*

Memories that started my tumultuous journey through the Maze

Poem: *The Treasure Box of Poetry*

Songs to go along with each Section (code from my website to download mp3s)

A. Where do I start?

- a. Humility comes before transformation
- b. Poem: *Strength and Humility*
- c. How does God transform us?
- d. Learning to cry
- e. Song: *A time to cry*
- f. His light in our hearts
- g. Song: *Jesus shines*

B. What do I do when others don't understand?

- a. Reasons people give not to look back
- b. It's the sick who need compassion
- c. Poem: *The Garasene Demoniac*
- d. People may not understand my journey
- e. Song: *Who has time to understand me?*
- f. The desolation of rape
- g. Song: *Did this really happen to me?*
- h. Hypocrisy in leadership
- i. Lyrics: *Where are the shepherds?*
- j. Red flags to healing

C. Why is this world in such a mess?

- a. We're all injured in this fallen world
- b. Song: *It's the devil's delight*
- c. Consequences of our lives from past generations
- d. Poem: *Searchlight*
- e. Song: *Your bride*

D. But what about my breaking heart?

- a. Fear keeps us from healing
- b. Song: *Trapped!*
- c. Anguish from betrayal of the soul
- d. Song: *Betrayed*
- e. The soul cry of rage

- f. What do I do with my hatred?
 - g. Song: *I give myself to You*
- E. Problems on the way
- a. Shame that paralyzes
 - b. When shame condemns
 - c. Poem: *A word of kindness*
 - d. When I don't feel forgiven for past sins
 - e. Song: *You are forgiven*
 - f. The fantasy trap
 - g. Worshipping Self as an idol
 - h. Our bodies suffer from evil done to us
- F. How can I draw close to God when my life's a mess?
- a. How can I draw closer to my heavenly Father's heart?
 - b. Song: *A daughter of Your design*
 - c. When I am weak, He becomes my strength
 - d. Lyrics: *When I am weak*
- G. Is there hope for me?
- a. From trauma to grace
 - b. You can live a new way
 - c. I can hardly wait to get to heaven!
 - d. Poem: *Heaven walking*
- H. What about the valleys?
- a. When the process is long and painful
 - b. Hope in the pain
 - c. Poem: *Knocked down again*
 - d. Walking through the valley of the shadow of death
 - e. Waiting
 - f. Poem: *Consider Him gracious*
 - g. Song: *You lift me up*
- I. Does God love me?
- a. The precious love of Jesus
 - b. Song: *Jesus, do You really love me?*
 - c. That I may know Him
 - d. Lyrics: *Teach me to weep* by Walt Harrah
 - e. Song: *Let Me love you*
- J. Who is Jesus?
- a. Poem: *Face to face*
 - b. Scriptures: The Identity of Jesus Christ
 - c. The compassionate Jesus who stopped for the one
 - d. Song: *His mercy*
- K. Is Jesus safe?
- a. The Shepherd or the thief?
 - b. Poem: *Satan verses Jesus*
 - c. The wounded are safe with Jesus

- d. Song: *You carried me*
 - e. The touch of compassion
 - f. Song: *Jesus is gentle*
- L. Why is Jesus the answer?
- a. Jesus bore our griefs and sorrows on the cross
 - b. The anguish of the Lamb
 - c. Song: *Sacrifice*
 - d. Jesus forgives us for all of our sins
 - e. Song: *The scars on His hands*
- M. Once defiled, can I become pure again?
- a. Can I be cleansed from defilement?
 - b. God's holy dwelling
 - c. Guilt of the perpetrators
 - d. Lyrics: *Dressed in white*
- N. Deliver me from evil
- a. Loving the desperate one
 - b. Who is our enemy?
 - c. Song: *Greater is He*
 - d. How do we fight the enemy?
 - e. Poem: *The light shines in the darkness*
- O. Will God bring justice?
- a. How do we respond to evil?
 - b. We all stand together under the cross
 - c. When I want revenge
 - d. Will there be a hell?
 - e. Poem: *Evil verses Good*
 - f. Poem: *There is a time*
- P. Do I *have* to forgive?
- a. Releasing those who hurt us into the hands of God
 - b. Poem: *Tight fist*
 - c. When I find it difficult (or impossible) to forgive
 - d. Song: *Forgive?*
 - e. Poem: *Chained down*
- Q. Can I trust my heavenly Father when my earthly father and other men hurt me?
- a. Poem: *Are you safe?*
 - b. Transference: placing our unresolved emotions on someone near
 - c. Song: *Transference*
 - d. When I feel distant from the heavenly Father
 - e. Song: *I will never leave you, My child*
 - f. A Father and His Son whom I can trust
 - g. The relationship between the Father and the Son
 - h. Poem: *Good and Bad Fathers*
 - i. Good gifts from heaven
 - j. Song: *Will You be a true daddy to me?*

- R. How can I change from legalism to love?
- a. Serving out of duty or love?
 - b. The trap of legalism
 - c. Song: *Gently, gently Jesus calls us*
 - d. A heart of love
- S. Breaking free from Strongholds
- a. What are the Strongholds that keep me bound?
 - b. Chart: Possible Causes for Emotional & Physical Problems
 - c. The consequences of harmful vows
 - d. Removing Satan's talons
 - e. When evil spirits oppress, influence, or torment us
 - f. Why can demons harass me if I belong to Jesus?
 - g. Evil spiritual entities
 - h. What if I want to die?
 - i. What can help me to successfully fight the enemy?
- T. How do I grow up inside?
- a. Growing up
 - b. Lyrics: *How do I grow up inside?*
 - c. Yielding every hidden place to God
 - d. Poem: *Wanting to come out*
 - e. Song: *Sweetness in surrender*
 - f. Learning to be discrete
- U. Becoming free
- a. The hope of joy and strength
 - b. The dance of joy
 - c. Song: *Dressed in white*
- V. The love of Jesus and His Father poured out
- a. Hymn: *O the Deep, Deep Love of Jesus*
 - b. Becoming a Life-giver
 - c. Song: *Amazing Love*
 - d. Hymn: *God is Working His Purpose Out*
 - e. The True Healer: Scripture: Isaiah 61 (parts)
 - f. Our Hope!: Scripture: Revelation 22:1-5

Sections to follow:

- Scriptures in Bible Order and by Meditation
- Songs in alphabetical order
- Poems in order
- References

Fear keeps us from healing

**For God has not given us a spirit of fear,
but of power and of love and of a sound mind.
II Timothy 1:7 (New King James Version)**

A few years ago I took a bus from my hotel to join a bay cruise with a group of people attending a healing conference. As we drew closer to the boat I began to feel agitated inside, upset and tense. Why? Going on a cruise would be fun! The tension increased—a panic attack started! *Why, Lord?*

It dawned on me that once I got on the boat for the cruise I would not be able to get off. This was reminiscent of my childhood, where I was taken places I did not want to go and trapped while severely abused. I got off the bus and stood in line, crying. Fortunately, the people next to me were counselors. I shared my turmoil and fears. They talked with me. I had a choice. I could go or not go. No one would make me get on that boat. I could walk back to the bus and ride back to my hotel. I, the adult, could choose where I would go. No one was taking me there to abuse me. No one would hurt me. I was safe. I acknowledged my fears and choose what I wanted to do, not letting the evil people control me anymore. I went on the cruise, relaxed, and had some great conversations!

Experiences of panicking in public made me afraid to go out. When would it happen again? Would I be embarrassed? Would there be someone safe who will understand me? Fear could have dominated my life but counselors and friends helped me make choices. I chose to trust God that He would provide people if I needed them. I talked with the secretary at the department office of a school where I attended classes and asked if I could see her if I encountered a problem. She agreed. I always found out where the bathrooms were in any facility I regularly attended so I could go cry there if needed. I did panic a few times and burst into tears on several occasions, but having safe places and safe people meant I had a plan. I could continue my life, not letting terror control me. I, in the Lord, determined my future.

A prayer minister once told me that fear shows up on Satan's radar screen. The enemy sees our fear and takes advantage of our weaknesses. He exploits the natural fears we have to steal our joy and peace. When I have sensed demonic oppression, especially from fear, telling the demons to leave in the name of the Lord Jesus has helped me greatly.

As God has been healing the original wounding in my heart that gave me my fears of men, strangers, and new situations, He has given me an increasingly sound mind. As He has replaced the lies with truth and taught me through His Word day after day, He has stabilized my life and given me increasing confidence in His faithfulness and kindness. He has shown me how I can reach out in love to others who are confused, hurting, tormented, and wounded. The Lord came as the compassionate healer. He who has been healing me can heal them, too!

Our heavenly Father desires that I walk with boldness and love, not with timidity. As He heals me, I find I can walk in greater faith and diminishing fear because He has shown Himself to be trustworthy and true. The enemy and his evil cannot stand next to the awesome, glorious King of kings and Lord of lords. In the name and authority of the Lord Jesus Christ, you and I walk with confidence to do His will in a broken and needy world.

Prayer:

Lord Jesus Christ, help me confront my fears with Your Truth. When I am terrified, help me to focus on how great and powerful You are, trusting in Your goodness and love to set me free. I stand in the Name and authority of the Lord Jesus Christ and command all demons of fear to leave now and go directly to the feet of Jesus. You may not come back, you may not send anyone or anything in your place and you may not retaliate. In Jesus I have the victory! Amen.

What do I do with my hatred?

The one who says he is in the light and yet hates his brother is in the darkness...

I John 2:9 (Suggested reading: I John 2:9-11)

I was shocked the first time hatred erupted out of my anguish. It rolled out with raging tears as I recalled being raped. I wanted to get revenge—slice and dice those who hurt me. As I quieted down, I wondered, *what am I going to do with my hatred?* Most of my abusers were dead...

When I was a child, my family didn't share what was on our hearts. Certain emotions were OK—happiness for instance—while others were not—sadness, anger, or hatred. So I built a shell around me, acting in an acceptable way on the outside while my inner heart wept and raged. The shell grew thicker over the years so I didn't even know the pain was there. In looking back, I can't readily recall one concrete conversation with either parent before junior high where I was asked how I felt and where my feelings were considered important. We talked about things and events and the Bible—but not our hearts. Nor were we taught we could cry out to God and know He would listen. So I cried alone with my dog behind the house or in the creek where no one could hear.

My parents told me never to hate anyone, so I suppose over the years, if I felt hatred, I stuffed it. Now it surprised me. I was totally unprepared to manage these strange emotions. Then I read the verses in I John. I wondered, *is the hatred I'm feeling sin?*

Over time and with the help of wise counselors, I understood that there is a difference between feeling hatred when a memory surfaces and continuing to hold onto it once it appears. In the moment when I remembered the abuse, lots of emotions poured out of my broken heart. I could imagine what I would love to do to those men...that came from my agonizing pain.

What I did with those emotions after they surfaced was important. First, I needed to admit I felt them. That took time. *Me, hate someone?* As the tears spilled out, I realized the depth of the pain and evil. This wasn't going to be finished quickly. I needed time to recognize what I had lost.

I had many choices to make. What did I want? Purity of heart? Or would I nurse a grudge, living in darkness as I seethed with thoughts of revenge? One counselor put it this way: Would I sit with the enemy, hating as he does, and destroying others with my words and deeds, or walk in the presence of the Father in kindness and purity? When I looked at it that way, it made the choice pretty clear. But could I really yield the hatred to Jesus and forgive my abusers the way Jesus forgave the men who crucified Him?

In time, as I worked through the pain and hatred, I asked God's forgiveness for my long-held hatred and bitterness. God's Word says if we hold hatred in our hearts, we're in the darkness and living in disobedience to God's best for our lives. My buried rage brought poison into my soul and body. It also opened up ways for the enemy to harass me. I wanted the anger and hatred gone and God's holiness to fill every part of my being. So, at the end of each healing session, if I was ready, with God's help, I repented of my sins, forgave my abusers, and forgave myself, when needed. I asked Jesus to cleanse me by His blood from the defilement of long-held hatred and unforgiveness as well as to cleanse me from their sins done against me.

“Blessed are the pure in heart, for they shall see God.” (Matthew 5:8)

Prayer

Jesus, I want to walk in purity. Please fill me with Your light that reveals darkness in my soul. Help me give my hatred to You even when I am weak and unwilling. I forgive ____ (abuser) and release my sorrow, rage, and hatred for ____ (him/her) at Your feet. Forgive me for holding onto hatred and bitterness. I forgive myself for my sins of _____. Please cleanse me with Your blood from the abuse and from my sin. I long to walk in genuine love by Your side through Your transforming power. In Your name, amen.