



Emotional Healing Through Dealing with Past Issues – Part 2

How to Get Free and Stay Free From Past Issues – November 4, 2012

Past Issues

I am going to pause here and tell you how to get free and stay free from past issues. If you have past issues which traumatized you (affected you emotionally), in order to obtain freedom you must decide to deal with them. Once you make that conscious decision, ask God to guide you through each issue; allowing Him to do it will not cause you much pain as you begin to recall what hurt you. I am not sure how God will have you deal with your past issues but open your heart and let Him do it His way. God knows what memories to bring up first and the process you need to go through for your complete deliverance.

Current & Future Issues

There are sometimes when you might have had past issues but you know God has delivered you (you have dealt with them). However, something happen and it triggers an old response or old feelings – like what happened to me some weeks ago. This does not mean that you were never delivered (dealt with the past issues which traumatized you in the first place), it means there are more issues you need to deal with. You will know (through discernment) the difference between a God induced unction to deal with past issues and a thought from the devil saying you are not delivered.

For me, when a past issue comes up that I thought I dealt with, I ask God about it, then He tells me what it is and walks me through the process of dealing with it – then that bad memory leaves and I experiences peace within. On the other hand, if the past issue is tormenting me in my mind or **accusing me** (this is evident that it is not God, God will NEVER accuse you), then I know it is the enemy and begin to pull down that stronghold in my mind and bring that thought captive unto the obedience of Christ (**2 Corinthians 10:3-5**).

The key to not getting entangled in the bondage of past issues is to not allow them to become an issue in the first place. When someone does something to hurt you (in any way – whether intentional or unintentional) immediately deal with it – be led by God whether to confront them or not. What I mean by immediately deal with it is if the act hurts you or offends you (affects you emotionally), admit to yourself it hurt or offends you. Do not say to the person or yourself “Oh that’s okay” or “It does not matter.” NO, it does matter!! After admitting to YOURSELF you are hurt (it is important to admit to yourself out loud so the mind will not automatically dump that hurtful memory in its special compartment), forgive that person for what he/she has done, then dismiss it (don’t allow it to play over and over in your mind like a movie – see teaching on **“accusing spirits”**). Ask God to help you not keep a record in your mind of what happened to you bad. To help you forgive others, think of what Jesus has done for you before you accepted Him!! He loved you and forgave you so you should love others and immediately forgive them for what they do to you!!

This process of dealing with hurtful things when they first happen to you will keep you bondage free in your mind; you will not have a list of bad memories to deal with – won’t have to play catch up years later to become free – you will keep your mind free.