

Comfort for the Wounded Spirit

Spiritual Warfare Series Volume IV
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NOTES on this BOOK

“A merry heart maketh a cheerful countenance: but **by sorrow** of heart the **spirit is broken.**” Proverbs 15:13

What is the cause of a wounded spirit? Sorrow! The word “broken” in Proverbs 15:13 is the Hebrew word *nake*. *Nake* can be translated: broken, smitten, or wounded. The sorrow may be described as:

Heartache	Grief	Anguish	Misery
Heaviness	Desolation	Despair	Dejection
Despondency	Hurt	Suffering	torment

When such terms appropriately label one's emotions, then this is what the bible calls, “a wounded spirit.” (pg 17)

Any wound that causes sorrow and distress can be the underlying cause for a wounded spirit. Rejection is undoubtedly the most common of such wounds. (pg 21)

SYMPTOMS of the WOUNDED Spirit

1. **Inner Rawness:** An ache within
2. **Continual Grief & Sorrow**
3. **Hopelessness**
4. **Inability to Trust:** Trust is fragile; it is easily crushed.
 1. When someone will not trust God, they can develop a “closed spirit.” it is an extremely serious matter when one closes his spirit: especially toward God because He alone is the source of security and comfort. One cannot receive from God apart from trusting Him.
5. **Agreement with Death:** Longs for death Does not embrace John 10:10b

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5 Bible Examples of a Wounded Spirit AND they REFUSED to be COMFORTED.

1. Hannah Samuel 1:1-28
2. David Psalm 55:4-23
3. Jacob Genesis 37:33-35; 45:25-27
4. Rachael Jeremiah 31:15-17 (Mothers in Israel when young men became prisoners of war.)
5. The Psalmist Psalm 77:1-12 (Asaph)

The ONLY remedy for a wounded spirit is comfort. Jeremiah 31:17 AMP. Hope is necessary for healing of the wounded spirit. Hope in God and His promises is the first step up the path that leads to comfort. Hope precedes faith. Hebrews 11:1 Pages 43-62

The ONE thing that heals a wounded spirit is COMFORT and comfort must be accepted.

What is the source of comfort? The Father, The Son, Holy Spirit
2 Corinthians 1:3-4 AMP
John 14:16-18 Pages 65-66

How Comfort is NOT Obtained (FALSE COMFORT)

1. We must not seek revenge and retaliation. (Vengeance is the Lords Romans 12:19)
2. Sexual Affairs
3. Food
4. Drugs
5. Suppression (to conceal or withhold from consciousness)

How TRUE COMFORT is obtained

2 Cor 1:3,4 NIV

1. Repent
 2. Forgive
 3. with Hope
 4. with Faith
 5. with Willingness to be Comforted
- pages 70-82

Why did Hannah, Jacob, Rachael and Asaph refuse comfort?

1. Hannah: She refused to be comforted by man, but relied only upon God and He sent comfort.
2. Jacob: He was under the power of a lie that his son was dead, even though his son had prophetic dreams of his future. Jacob made an inner vow that he would not be comforted even to the death. Gen 37:35b
3. Rachel: The women of Israel were filled with Hopelessness
4. Asaph: His refusal to be comforted was not due to a lack of Divine resources, but by an abject unwillingness to accept comfort. His sorrow was kept alive and intensified by undisciplined thoughts and complaining. Pages 75-79

Warfare Renunciation:

Satan, I renounce you and all your works. I take back from you all the ground that I have ever yielded to you. You will not rob me of the comfort which Christ offers me. I resist you in the might name of The Lord Jesus Christ, and you are commanded to flee.

PRAYER:

Heavenly Father, You know my life and all that has happened to me. You know the wounds that I have experienced at the hands of others, and through life's adversities. I come to You with a forgiving heart. I willingly and completely forgive each person who has ever caused me pain and grief. I also forgive myself. I repent of all my sins and ask You to forgive and cleanse me by the precious blood of Jesus. I need the comfort of Your Holy Spirit. I refuse to hold on to the wounds which Christ bore for e through His own suffering and death. Take away my sorrow and give me Your peace and joy. I choose to be comforted, and I accept Your comforting touch – right now – in the Name of my Lord, Jesus Christ.
AMEN! Pages 87-88