

A newsletter from On Wings Like A Dove Ministry August 2018 Vol. 14 Issue 8

455 South Church Street
Winston Salem, NC
Office Hours:
Tuesday-Thursday 10am-2pm
or by appointment 336-829-5060
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Prayer Support Groups

Monday Night Prayer Support
Home Moravian Church
Monday, September 10
6:30 to 8:00 pm

River Oaks Church
Clemmons, NC
Meet in Room #4
2nd & 4th Tuesdays @ 6:30 pm
Led by Jeff and Sherye Hall
Currently studying
Anxious for Nothing
by Max Lucado

First Baptist Church,
Sparta, NC
Wednesday nights @ 6:30 pm
Led by Joseph & Carolyn
Caldwell Currently studying
Overcoming Addictive Thinking
by Abraham Twerski M.D.

Fellowship Baptist Church,
Ellerbe, NC
Meet in Fellowship Hall
2nd & 4th Mondays @ 6:30 pm
Led by Elaine Martin

Ladies Bible Study

Each Tuesday
from 12:30 to 2 pm
meet at On Wings Office

We will begin
a new study
on Tuesday,
July 17th
entitled "Breathe"
by Priscilla Shirer



Artwork on this page by Nicole Plymesser Nelson
www.nicplynel.com

Free Indeed

So, if the Son sets you free, you will be free indeed.

John 8:36

We have just completed the Free Indeed sermon series by Robert Morris. It was a powerful study. I plan to go back and listen to these messages again. It shows how we can be affected by the strongholds of Satan whom we allow to come into our lives knowingly or unknowingly.

The pastor has also written a book based on these messages entitled *Truly Free*. He freely shares his struggles with addiction, pornography as well as his feelings of rejection and its effects on his relationships.

The series focuses on the warning signs in your life that might be open to evil and how you can find freedom in Christ. Isn't that what we long for?

God began to take me through the process of freedom from the spirit of rejection last year. I'd often wondered why I kept responding to things or relationships in unhealthy ways. Why did I become upset and find myself unable to let it go? Why did I take offense and take whatever it was so personally? Why did I continue to analyze it, fix it, or put up walls because of it?

Just maybe I had a spirit of rejection which went all the way back to childhood. Sometimes we need to be set free through Christ. But oftentimes we don't recognize the fact that we are in bondage. We can recognize it in others, but not ourselves. As I've asked the Lord to consecrate me for His purposes, pull out by the roots any evil or wicked way in me—He has honored my request. Its has been painful at times but freeing as I have released what He has revealed.

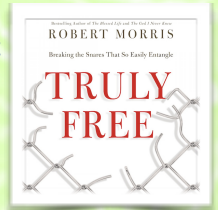
A couple of years ago Anne Graham Lotz was confronted by things in her life that she felt she needed to repent of and release to God. It only took her seven days of soul searching. It's taken me seven months. I'm a slow processor or maybe, I have more junk in my life. Either way, it has been freeing to release my expectations, my judgement of a person or situation, my feelings of rejection or jealousy, and to truly rest in Jesus and His plan for me. The Lord is teaching me to surrender the hurts and bruises of my life to receive His healing.

My current testing is in regard to a grandchild's choices. At first, I was angry with her and expressed it to her, believing I was justified. This morning God's conviction came through an email I'd recently sent out. I wrote, "God has to get our hearts right before we can really reach out in love and acceptance. Yes, we want to see them come to Jesus, but it won't necessarily be by preaching to them, but by being in relationship with them, accepting them where they are so that they can see the love of Jesus in us, not hear the condemnation from our mouth always trying to change them. Lord, change me!!!"

That was for my outreach team in Strip Clubs, but it so pricked my heart this morning in relationship to my granddaughter's situation. It's harder to see it in our own flesh and blood at times. Stop preaching because right now her eyes and ears are closed. All it does is drive a wedge between us. So, was it an accident I pulled out an email written in my own words weeks before and now it was speaking so powerfully to me this morning? No! It is God speaking and directing me. I am going to choose to obey. I can say since then, I did feel freedom.

Maybe God is speaking to you as you read this. You might begin to see strongholds in your life that you need to repent from. As a mother or grandmother, God knows our heart yearns for our loved one to make better choices. But maybe like me, you realize how "preachy" it sounds to them. Let's covenant to pray for each other and love them where they are, asking God to change us and not condemn with our mouth! It will set us free.

~ Sandra



PRAYER SUPPORT

NEW LOCATION KICKOFF

HOME
MORAVIAN
CHURCH

529 S. CHURCH ST.
WINSTON SALEM 27101

MONDAY
SEPTEMBER 10
6:30 TO 8:00 PM



Healing: Learning to Bond

by Henry Cloud, from the book *Changes that Heal*

Having good emotional connections is as natural as a plant taking in water. But we are not plants living in the Garden of Eden. Therefore, we require some serious gardening in order to bear fruit. The fig tree gardener planned to "dig around and fertilize" the tree that wasn't bearing any fruit for a year to help it bear fruit. Learning to bond when you missed out the first time around won't happen overnight either. Making human connections when you grew up without them takes a good dose of grace, truth, and time. Here are 12 skills that will start you on the long road to making changes that heal.

1. **Realize the Need.** You may not realize that your problems stem from a lack of bonding and attachment. Perhaps you grew up in a family where closeness was not valued, or were injured to the point where you have forgotten how to bond. Thus, the first thing you need to do is to realize how much you need attachment. A careful reading of the Bible will show the value God places on connection. Paul uses the image of the body to make this point: Now you are the body of Christ, and each one of you is a part of it. - 1 Corinthians 12:27 You are part of a body, and you cannot be emotionally amputated from the blood flow and expect to thrive. The eye cannot say to the hand, "I don't need you!"... If one part suffers, every part suffers with it. - 1 Corinthians 12:21, 1 Corinthians 12:26

2. **Move Toward Others.** It is wonderful when others move toward you and seek out your heart, for that is what God does. Often, though, others cannot see what you need and how emotionally isolated you really are. Therefore, to the best of your ability, actively reach out for help and support.

3. **Be Vulnerable.** You can move toward others, get socially involved, and have relationships, but still be isolated. Your isolation may stem from your inability to be open, your inability to show your real self to others. Learn to be vulnerable. The word vulnerable literally means "open to criticism or attack." You need to be so open with your needs that you are open to attack. Realization of need is the beginning of growth. Humility and vulnerability are absolutely necessary for bonding to take place at a deep level. Being vulnerable at a social level may be too threatening at first. Maybe you need to start with a pastor, counselor, or support group. But vulnerability is a skill that opens up the heart for love to take root. When you can admit that you need support and help, and can reveal your hurt and isolation, a dynamic is set into motion that can literally transform your personality and life.

4. **Challenge Distorted Thinking.** Distorted thinking blocks you from relating to others. This essentially causes you to repeat what happened in the past. Challenge the distortions that keep you in bondage. To the extent that you continue to see the world through your childhood eyeglasses, your past will be your future. If you don't, for example, challenge the belief that "all people will leave me," you will never form an abiding attachment, and you will re-create the isolation of your past. The Lord has promised to reveal the truth to you. Ask Him to show you your particular distortions. But distorted thinking was learned in the context of relationship, and that is the only place where it can be unlearned. You need new relationship to undo the learning of the past; there your real self can be connected in grace and truth and thereby be transformed.

5. **Take Risks.** To learn new relational skills and the way of attachment, take risks. Listen to Jesus' invitation: Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with Me. - Rev. 3:20. You have a responsibility to hear the voice and open the door. People and God will call to you, but if your distorted thinking and your resistance to risk get in the way, you will keep the door closed so that attachment cannot happen. Allow yourself to risk valuing someone emotionally. Risk getting hurt again. This is difficult, but essential.

6. **Allow Dependent Feelings.** Whenever you begin to allow someone to matter to your isolated heart, uncomfortable needy and dependent feelings will surface. These are the beginnings of a softening heart. Though uncomfortable, these feelings are a key to attachment. Many times you think you need to "keep a stiff upper lip," but allowing your tender, needy sides to show to the ones you need will cement the attachment and allow it to grow.

7. **Recognize Defenses.** Recognize your own particular defenses against attachment. As soon as you can spot the old familiar patterns, you can begin to notice them in operation and take responsibility for them. You may need to say something like this, "Oh, there I go again, devaluing someone who is trying to love me. I'll try and let them matter this time." Remember, you are responsible for your own growth. Challenge your old ways of acting and allow the Holy Spirit to empower you to resist your defenses.

8. **Become Comfortable with Anger.** Often people will avoid attachment because they fear their anger at the one whom they need and love. As a result, anger leads them into isolation to protect the loved one. It is natural to feel angry toward people you need. The more you can feel comfortable with angry feelings toward "good" people, the more you can integrate those feelings into the relationship and not spoil it. The angry self is an aspect of personhood that many people prefer to leave "unbonded." They believe that it is the unlovable aspect of who they are.

9. **Pray and Meditate.** In Psalm 139:23-24, David asked God to reveal who he was at a deep level: Search me, God, and know my heart; test me and know my anxious thoughts.

See if there is any offensive way in me, and lead me in the way everlasting. Pray David's prayer along with him, and God will reveal the true state of being in your heart. Ask God to unravel the problems in your ability to attach. Abiding is God's highest value for you so you can be assured of His desire to help you reach this goal. As David says in Psalm 51:6, You desired faithfulness even in the womb; you taught me wisdom in that secret place.

10. **Be empathetic.** Empathy is the ability to share in another's emotions, thoughts, or feelings. Empathizing with others' needs, identifying with their hurt, softens your own heart. Many hardened people have melted by getting close to the hurts of others. I'm not implying a "give-to-get" or a "get-your-mind-off-yourself" strategy. I'm talking about identifying with the struggler in order to get in touch with your own hurt and loneliness.

11. **Rely on the Holy Spirit.** The Holy Spirit empowers you to change and to come out from the bondage of your old ways of being. Ask Him to free you from the death grip your defenses have on you and to give you the courage to take the first steps to attach to others. Every time you find yourself at this crossroad, at the place where you can either respond defensively in an old pattern or risk the new, ask for help. You can't do it alone. When you come face-to-face with your inability to bond, you must confess this inability and ask the Spirit to help you. You can't change on your own. Rely on Him to help you make changes that heal.

12. **Say Yes to Life.** The task of bonding to others and to God is one of saying yes to life. It is saying yes to God's and others' invitation to connect with them. People who struggle with isolation say no to relationship in many ways. When you hide behind defense mechanisms, you are saying no. When you avoid intimacy, you are saying no. When you make excuses, you are saying no. Connection requires that you begin to say yes to love when it presents itself. This may mean accepting invitations to be with people instead of always withdrawing. It may mean giving a different answer in safe contexts when you are asked, "How are you doing?" It may mean empathizing with another's hurt. Whatever the opportunity, it means saying "yes" to relationship.



FAITH
IS
HAVING
THE
COURAGE
TO
LET
GOD
HAVE
CONTROL

Prayer Thoughts

by Janet Linville

Fellowship with Jesus

I once had the privilege of sitting next to Billy Graham at a dinner. I was honored but nervous. I asked him what he loved most about his years of ministry suggesting possible answers such as knowing presidents, kings, and queens, or preaching to millions of people around the world. Before I had finished offering suggestions, Rev. Graham stopped me without hesitation and said, "It has been my fellowship with Jesus. To sense His presence, to glean His wisdom, to have Him guide and direct me—that has been my greatest joy." I'm not sure that his answer would have been mine, but it challenged me because I want it to be as well.

from Our Daily Bread with Joe Stowell

