Amanda Buys’ Spiritual Covering

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1. INTRODUCTION

A certain Dr. Arthur Janov states:

“Pain is at the core of mental and physical illness, that is pain that comes from trauma and unmet needs.”

He was not even aware of the great impact this kind of pain can also have on the spirit of the individual.

We see the effect of unresolved hurts in our lives on our whole being, i.e. the body, the soul and the spirit. An amazing discovery was that the brain does not discern between emotional and physical pain: it all enters the brain as a bundle of electrochemical impulses!

We will look into these matters in more detail later on, but need to realize that we function as a whole person: when we get hurt on a physical level, not only our body aches, but our emotions are involved as well. Pain, linked to emotions can most certainly also affect our bodies. Stress-related diseases are a good example of such an effect. Therefore we sometimes need to listen to our bodies, telling us we have unresolved issues that need urgent attention. In the same way, our struggle to grow spiritually can be an indication that we need to look at some unresolved issues in our lives. More about this later.
Emotional wounds are wounds on the emotional and spiritual levels that affect us (if not dealt with in a Godly way), negatively and destructively – killing us slowly, isolating us from God's purposes and blessings.

2. IMPRINTS AND ENDORPHINS

We are conceived with specific needs. What are they? To be:
- accepted
- cherished
- loved
- acknowledged
- respected
- nurtured
- protected.

Our need for love is the most basic need we have, all our other needs are satisfied when we are loved. When this basic need is unmet, it forms a strong foundation for other hurts and trauma. In other words, traumatic events in our lives will affect us more severely, when we have unmet needs. Our ability to cope with stressful situations are then damaged and distorted.

Trauma can fall in either one of two categories:

1. Happens in situations of deprivation or in an unsafe environment. E.g. Rejection when walking away from a person as a form of punishment or being locked up in a small place.
2. Happens when bad things happen outside person’s control. E.g. Physical abuse or a hiding as form of punishment.
Let us look at an example:

Tom is nine years old and has a very low self-esteem. He believes that he is worthless and clumsy, he is only good at loosing. Every minor or major event in Tom’s life is interpreted as simply confirming his conviction of who he thinks he is. This is because Tom went through certain experiences when he was younger.

He was an only child and not very welcome, his mother fell pregnant at some party and was not willing to stop her alcohol abuse even after she heard she was pregnant. Tom was unloved from the time of conception and constantly received messages of being a burden. He also suffered physically, caused by Fetal alcohol syndrome, explaining his constant clumsiness.

Tom holds some specific viewpoints concerning his identity and life in general. Tom hurts emotionally and it has a tremendous effect on his whole being.

His general convictions are: “I am worthless. No one loves me.”

These have formed deep grooves in his brain and causes him to interpret everything else in line with these thought patterns.

The interesting thing about Tom’s reactions and interpretations is that, should someone ask him what happened in his life causing him to act this way, his answer would probably be that he does not have a clue.

Most of us go through life, bearing obvious fruit of emotional hurt in our lives, but with no conscious recollection of the trauma we have been through. This can be very confusing. We battle to get breakthroughs and carry a lot of anger, but need to ask ourselves, why?

During intensive research, discoveries were recently made concerning how our minds deal with traumatic experiences. In order to survive, the information (entering like a huge bundle of electrochemical impulses) are split into the bare information on the one side, (i.e. the facts of the event) and the feelings or emotions connected to it, on the other. The information is also placed deep within our unconscious level of the mind, until we are more mature to deal with it and to get healed.
It is during these times of trauma and shock that we need to keep the information hidden from our conscious minds, in order to survive.

But, how does the information stay hidden?

Again research have proved that our minds make use of a chemical called endorphin, to help us in the process of coping by repressing the painful information.

For someone like Tom, the pain of feeling unloved stays hidden, while he tries to cope using different mechanisms rather than facing the truth. What happens with the painful information:

1. It is split,
2. then hidden in the unconscious part of our mind
3. and kept there by the constant release of endorphins into the unconscious level, serving as a so-called gate.

We see that when we are too young to deal with the pain and still stay sane, the working of endorphins are a blessing and truly help us to survive. It does however become a problem when we get older and still do not deal with the hurt and pain. Amazingly, research have shown that by measuring the endorphin level in our systems, we can have a fairly reliable indication of the amount of stress (caused by repressed painful memories) we still carry in our bodies! Our bodies need constant supplies of endorphins, but the older we get, the less healthy the presence of a huge amount of endorphins in the body are! Huge amounts of endorphins breaks down immunity and cause cancer and other sickness. Research has proven that later on in life, the presence of these chemicals in huge amounts can be extremely harmful to the body, it also blunts the immune system. Therefore something that at first helped us to survive, can become our enemy!

The more repressed or “hidden” hurts we carry in us, the more unreal our identity and life’s experiences will be. Unresolved issues are very much part of who we are. Not acknowledging their existence, cause us to have distorted perceptions and keep us from enjoying the full benefit of God’s plans and purposes for us!!

It is not only the hidden hurts and pain that form imprints and cause distorted identities, but also those we are too well aware of, but refuse to face and work through in a Godly way!!

Tom and everyone relating to his life story urgently need to face the truth about their past hurts and deal with the feelings connected to it. The imprints guiding our thought patterns need to be changed according to the truth, i.e. the Word of God. (Rom 12:2; 1 Cor 10: 5 - 7). This is not an easy process, but praise God, it is exactly for this that Jesus died for us!!
3. AM I WOUNDED?

Imprints steer our thoughts, they form strongholds in our lives and motivate our actions and beliefs. The following are typical examples of just such imprints and need to be examined closely and prayerfully. In identifying some imprints, we are already declaring war against the Father of all lies and moving toward truth in our lives. Jesus, the Way, the Truth and the Life, has made a way for us to handle the truth about our past and to taste the Life He had given us!!

3.1 Ungodly beliefs about ourselves:

3.1.1 Rejection, not belonging
1. I don't belong. I will always be on the outside (left out).
2. My feelings don't count. No one cares what I feel.
3. No one will love me or care about me just for myself.
4. I will always be lonely. The special man (woman) in my life will not be there for me.
5. I will isolate myself so that I won't be vulnerable to hurt, rejection, etc. any more.
6. ________________________________
    ________________________________

3.1.2 Unworthiness, Guilt and Shame
1. I am not worthy to receive anything from God.
2. I am the problem. When something is wrong, it is my fault.
3. I am a bad person. If you knew the real me, you would reject me.
4. I must wear a mask so that people won't find out how horrible I am and reject me.
5. I have messed up so badly that I have missed God's best for me.
6. ________________________________
    ________________________________
    ________________________________
    ________________________________

3.1.3 Doing to achieve self-worth, value, recognition
1. I will never get credit for what I do.
2. My value is in what I do. I am valuable because I do good to others, because I am “successful”.
3. Even when I do/give my best, it is not good enough. I can never meet the standard.
4. I will choose to be passive in order to avoid conflict that would risk other's disapproval.
5. God doesn't care if I have a “secret life”, as long as I appear to be good.
6. ________________________________
    ________________________________
    ________________________________
3.1.4 Control (to avoid hurt)
1. I have to plan every day of my life. I have to continually plan/strategize. I can't relax.
2. The perfect life is one in which no conflict is allowed, and so there is peace.
3. 

3.1.5 Physical
1. I am unattractive. God shortchanged me.
2. I am doomed to have certain physical disabilities. They are just part of what I have inherited.
3. It is possible to lose weight (or gain weight). I am just stuck.
4. I am not competent/complete as a man/woman.
5. 

3.1.6 Personality traits
1. I will always be _______________ (angry / shy / jealous / insecure / fearful / etc.).
2. 

3.1.7 Identity
1. I should have been a boy/girl. Then my parents would have valued/loved me more, etc.
2. Men/Woman have it better.
3. I will never be known or appreciated for the real self.
4. I will never really change and be as God wants me to be.
5. 

3.1.8 Miscellaneous
1. I have wasted a lot of time and energy, some of my best years.
2. Turmoil is normal for me.
3. I will always have financial problems.
4. 

3.2 Some ungodly beliefs about others

3.2.1 Safety / protection
1. I must be very guarded about what I say, since anything I say may be used against me.
2. I have to guard and hide my emotions and feelings. I cannot give anyone the satisfaction of knowing that they have wounded or hurt me. I'll not be vulnerable, humiliated or shamed.
3. ______________________________________
   ______________________________________
   ______________________________________

3.2.2 Retaliation
1. The correct way to respond if someone offends me is to punish them by withdrawing and/or cutting them off.
2. ______________________________________
   ______________________________________
   ______________________________________

3.2.3 Victim
1. Authority figures will humiliate me and violate me.
2. They will just use and abuse me.
3. My value is based totally on other's judgment/prescription about me.
4. I am completely under their authority. I have no will or choice of my own.
5. I will not be known, understood, loved or appreciated for who I am by those close to me.
6. ______________________________________
   ______________________________________
   ______________________________________

3.2.4 Hopelessness / helplessness
1. I am out there all alone. If I get into trouble or need help, there is no one to rescue me.
2. ______________________________________
   ______________________________________
   ______________________________________

3. ______________________________________
   ______________________________________
   ______________________________________
3.2.5 Defective in relationships

1. I will never be able to fully give or receive love. I don't know what it is.
2. If I let anyone get close to me, I may get my heart broken again. I can't let myself risk it.
3. If I fail to please you, I won't receive your pleasure and acceptance of me. Therefore, I must strive (perfectionism) even more. I must do whatever is necessary to try to please you.
4. ______________________________________
   ______________________________________
   ______________________________________
   __________

5. ______________________________________
   ______________________________________
   ______________________________________
   __________

3.3 Ungodly beliefs about God

1. God loves other people more than He loves me.
2. God only values me for what I do. My life is just a means to an end.
3. No matter how much I try, I'll never be able to do enough or do it well enough to please God.
4. God is judging me when I relax. I have to stay busy about His work or He will abandon me.
5. God has let me down before. He may do it again. I can't trust Him or feel secure with Him.
6. ______________________________________
   ______________________________________
   ______________________________________
   __________

3.4 Scriptures concerning these and other ungodly beliefs

2 Thes 2:13
But we ought to thank God for you, brothers loved by the Lord, because from the beginning God chose you to be saved through the sanctifying work of the Spirit and through belief in the truth. (NIV)

John 17:17
Sanctify them by the truth; your word is truth. (NIV)

Rom 1:17
For therein is the righteousness of God revealed from faith to faith: As it is written, The just shall live by faith. (KJV)

2 Cor 3:18
But we all ... are changed into the same image from glory to glory, [even] as by the Spirit of the Lord. (KJV)
**Isa 26:3-4**
Thou wilt keep [him] in perfect peace, [whose] mind [is] stayed [on thee]: Because he trusteth in thee. Trust ye in the Lord forever: For in the LORD JAHWE [is] everlasting strength. (KJV)

**Col 3:1-2**
Since, then, you have been raised with Christ, set your hearts on (keep seeking) things above, where Christ is seated at the right hand of God. Set your minds (affection) on the things above, not on earthly things. (NIV)

### 3.5 Other signs indicating unresolved issues

- Anger outbursts
- Migraines
- Depression
- Hatred toward certain people
- Gossiping
- High anxiety level
- Unforgiveness
- All forms of addictions
- Bitterness, etc.

### 4. THE WOUNDED SOLDIER

In what way do these unhealed wounds affect our lives?

Is it safe to venture into warfare and intercession with unhealed wounds?

We have already taken a good look at how we obtain these wounds. We know now that they can destroy us spiritually, mentally and also even physically! Being hampered on the physical level can hinder us to flow in warfare and intercessory prayer, but to be hurt on the spiritual and emotional levels can be devastating to the soldier in the army of the LORD! WHY?

**A wounded soldier cannot declare war on the enemy. His trumpet call will bring on the “flies” to all the open, unhealed wounds!**

The moment we start venturing into the areas of intercessory warfare, the Enemy draws our files and scans our lives. If our relationships are broken and distorted, we shall stand out like an open target in sessions of warfare. The area of weakness will be the exact area he will target. If we struggle for instance, with feelings of depression and inferiority, even more so the battle to think positive after a session of “battle cries” and “fighting the enemy”.

The
There can be no “taking back the land”, when the spirit is too weak to hold the sword steady.

If we want to be effective soldiers in God’s army, we need to start cleaning up our own lives first, and then face the enemy.

Does this now mean that we cannot do any kind of warfare prayer before we are completely whole?

No, but we need to clearly understand that there are certain issues in our lives that definitely should be worked through before we attempt to warfare for schools, cities and nations. We are in training, therefore we move forward taking one step at a time. The best training ground, are our own lives and those of our families. As we gain healing, we start to do warfare for the various aspects in our own lives, our marriages and our loved ones, for our businesses and finances, etc. Our area of warfare at this time is our own household. In being trained in this area, the Holy Spirit will reveal more issues in our own lives that need His healing touch. As we move faithfully with the Lord, trusting Him to train us, we move securely to the next “level” in prayer warfare!

Therefore, every one of us need to petition the Lord to bring to surface everything that impacted our lives and caused us to be wounded and weak in the spirit (see petition).

The presence of emotional wounds, the imprints forcing our minds to have certain thought patterns and the isolation of a part of us (the hurting part) from the rest of ourselves, all work together to distort our interpretation skills of situations and people. It forms “filters” through which all incoming information must move prior to the interpretation thereof. When this “filter” is caused by deceptions and lies concerning who we are, we will most often interpret information to accomplish our preconceived ideas about others and ourselves! This will in turn simply strengthen our distorted viewpoints and lead us further away from the truth.

When the fruit of hurt in our lives have matured, we often will spend much energy in dealing with the fruit, trying hard to rid ourselves of them. Often this effort goes unrewarded, because they are only the outward evidence of deeper pain. Do not be distracted by these fruits, rather allow God’s spotlight to show the root of the problem.

Attacks will always be part of our lives as long as we are in God’s army, but our ability to handle it will mature as we allow God’s Spirit to work His will in us. It will no longer knock us down when someone criticizes, or rejects us.
We will be able to love someone even when they try their best to destroy our “good” name and will not be distracted from God’s calling when a false prophet gives us some misguided word. Good news though! We are all aware that when wounds are healed, they become scars. These scars give evidence of some hurt that has successfully been healed. In the same way the spiritual scars give evidence of a spiritual battle that has been fought and overcome. This is seen as ranking in the spiritual realm. In other words, the enemy sees the scars and then recognizes the ranking. Therefore wounds can actually give us an opportunity to grow in God’s army! Good news indeed and motivation to pursue healing!

In summary, we can see that when we go to war, we need to be prepared. We are in a spiritual war, therefore we need to be prepared spiritually. To be spiritually prepared, we need to be whole in body, soul and spirit. When we still suffer from open, unhealed wounds, the Enemy will mark us quickly as open targets, easy prey to destroy and demotivate for the calling of intercession and warfare. These potential prayer warriors will be left alongside the field more wounded than before and totally discouraged for further battles. Be warned, do not enter the battlefield unless your house (your self in totality) has been dealt with and the wounds are healed.

5. HELP, I NEED HEALING!

How do we gain healing and victory from and over these wounds?

Matt 11:28-29
Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. [I will ease and relieve and refresh your souls]. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest (relief and ease and refreshment and recreation and blessed quiet) for your souls. (Amp)

Jesus is the Balm of Gilead (Jer 46: 11). He brings healing to every wounded heart, He heals painful memories and He restores the yearning in us because of our unmet needs.

Healing comes by spending time in the presence of the Great Physician, allowing Him to place His healing balm on the open wounds (Jer 8: 22 , Amp). We need to ask the Holy Spirit to shine His spotlight into those painful memories by using the petition. This will bring a process into action where the hidden or disguised information will be revealed and the Lord then guides us through our healing process.

What do we do with information surfacing and calling out for urgent attention?
We will be guided by God’s Spirit to deal with each piece of pain according to His wisdom, applying His truths.

Let us examine various aspects of healing.

5.1 Forgiveness and triggers

This will not always be easy, but forgiving those who hurt us badly are a vital part of the healing process. Forgiveness starts by making an active choice to be obedient and then working with God’s Holy Spirit through the various steps of forgiveness. Two aspects should be taken into consideration: To forgive the one that hurt you and to ask forgiveness for any judgements in your own heart toward that person.

To forgive someone in general (i.e. for everything he did to me) will not always be very effective. Keeping in mind that we release special chemicals to keep information hidden, we can understand that the information is filled with detail concerning the specific event, including sounds, smells and feelings! There are certain associations that work like triggers for the feelings to be experienced. For eg. : A certain tone of voice will always make us feel inferior, like a naughty child. In dealing with forgiveness we need to allow the Holy Spirit to bring healing, even with these associations, i.e. to remove the effect of those “triggers”.

As the specific feelings connected to those events are released, healing can come. In this the “garbage” that poisoned our beings are released and God’s ointment can reach into the open wound and bring healing!

An exceedingly traumatic event, may cause harm to our minds and the shock also needs to be broken.

An important factor to keep in mind, is that wounding is not always caused by what happens to us, but more accurately caused by our reactions toward that which happened to us. Therefore, blaming those who hurt us will bring no release, only in taking responsibility for our own reactions opens a way for God’s Spirit to work in us.

Often we would only search areas where others had hurt us and forget the important fact that we often need to also forgive ourselves and…. yes….. also God. This is not due to God hurting us, but more our distorted interpretation of God’s character and therefore causing us to nurture angry feelings toward Him.

5.2 Relationships

Often God will place us in relationships that will effectively challenge us to face and deal with exactly those areas we need healing from.
Eg. Should we end up working with someone that is intimidating and overpowering, those struggling with feelings of inferiority will be nicely challenged to work through the root of such feelings in order to be more effective at work.

Relationships can also often bring fulfillment of our needs to be accepted and nurtured, but our prime source of fulfillment always must be God, and Him alone.

Our total dependency on others to fulfill our needs will almost always end up in disappointment and more hurt. Healing can come in healthy relationships were there is mutual respect and unconditional love.

The relationship with God as our Daddy will bring deep healing to our need to be accepted, appreciated and adored! To experience God as El Shaddai, the Many Breasted One, will bring healing in our yearning for true nurturing (see book, El Shaddai the nurturing Father). God is more than enough, He has come to heal the broken hearted.

5.3 Reprogramming

Every ungodly imprint we discussed earlier, needs to be replaced by a Godly truth (Rom 12: 2).

Start to renew your ungodly beliefs by writing them down first, followed by a Godly belief. It takes our minds at least 30 days to successfully create a new imprint, so we need to be patient and pursue victory in our thought patterns.

**Example**

Ungodly belief: I will always be lonely.

Godly belief: With God's help, I will begin to reach out to others, and also to receive from them. He has designed me to fit into His Body, the Church.

The new pathways will eventually successfully replace the old ones, even those connected to the same triggers. For example; the same intimidating tone of voice previously mentioned (i.e. the trigger), will be less effective to provoke feelings of inferiority, after forgiveness has been worked through. The thought pattern it normally caused, is replaced by a fresh imprint based on the liberating Truth of God’s word, the fruit of the healing will be tasted and enjoyed by ourselves and others around us!
6. **PETITION FOR MEMORIES TO SURFACE**

Father, we petition that You will, according to Your grace and mercy, start to reveal everything that has been done in the dark and behind closed doors to __________, according to Your Word in Luke 12: 2-3: There is nothing concealed that will not be disclosed or hidden that will not be made known. What you have said in the dark will be heard in the daylight, and what you have whispered in the ear in the inner rooms will be proclaimed from the roofs.

Father, we also petition that this information will be revealed under Your protection and only according to Your Word in Exodus 23: 29-30: But I will not drive them out in a single year, because the land would become desolate and the wild animals too numerous for you. Little by little I will drive them out before you, until you have increased enough to take possession of the land. We petition that this will be revealed as __________ is ready and strong enough to handle the information in the way You want __________ to handle it.

Father, we petition for a time of cease-fire in the spirit over __________’s life, until __________ is ready and has the knowledge and spiritual strength to fight back. Therefore, Father, we petition that You will protect __________ according to Your Word in Ps 91 and we forbid any backlash because of the release of information, in the Name of Jesus Christ of Nazareth. I petition that Your good hand will be upon __________ in this time, according to Ezra 7:9.

Thank You Father for Your faithfulness and commitment to __________. We give You all the glory!!

In the Name of Jesus Christ of Nazareth.

AMEN.