

CA 14 EMAW 14 THE WOUNDED WARRIOR

“He knows it anyway” pg 5 ish – said together

Music Theme

KENT: You know...when my parents got divorced I had no idea how much... hurt... and... fear I would carry with me into my adult life. And I committed that I would never do that to my children.

FOSTER: I will never do that to my children. I will never get drunk and hit my wife. I will never owe so much money I lose my house. I will never ruin my marriage with an affair. I will never work so much that I ignore my kids.

My friend, have you made statements like these... and found them difficult to keep? You're not alone.

Today on Champions Arise we are going to look at , what we are calling, “wounded warriors.” These are men who love the Lord and want to be solid men of God, but wounds from living in a fallen world have caused them to falter or even doubt if they can be of any use to God. Men like you and me.

This is Foster Braun. When Kent Darcie and I return, we'll discuss how God can heal our wounds and use us for the advancement of His Kingdom.

Music Theme out

FOSTER: Kent, this is a difficult, but important topic for us to look at. But it's not one men like talking about, is it?

KENT: No. Most men hate to talk about emotional pain, or personal trauma, or their hurts or fears—for a number of reasons. One reason is

- the fact that many of us were raised to believe that this is how men are. Men don't talk about emotional things or show emotions.
- I think another reason is that this is how men are to some extent. It isn't *natural* for us to talk about emotional things.

FOSTER: Unlike our female counterparts.

KENT: Yes. It tends... to be... more natural for the ladies to share emotional things.

FOSTER: Very diplomatically put.

KENT: Thank you

FOSTER: Of course that had nothing to do with the possibility that our wives may listen to this program.

KENT: Oh absolutely not. But getting back to reasons why guys don't talk about emotional issues. It can be

- because we don't know how to deal with them. If we bring it up, then what?
- or we believe that if we talk about our wounds, we'll appear weak—less manly.
- Or we may think we're the only one that went through what we did—felt the way we did—and we're embarrassed.

FOSTER: But the truth is, all of us have been wounded in one way or another.

KENT: yes. That is life. But if we don't deal with the wounds—actively seek their healing, a couple of bad things can happen

First there's the "bury and explode" problem. When we try to ignore our wounds, bury or hide from them instead of dealing with the issues, the problems don't go away. They build up over time like a balloon filling with water. And sooner or later it overfills and explodes.

FOSTER: And using your water balloon analogy, when it explodes, innocent people get wet.

KENT: Yes, and unfortunately people aren't splashed with water. They are assaulted by our anger, or emotional or physical abuse.

And the second problem isn't any better. When we don't heal our wounds, we repeat our wounds.

FOSTER: What do you mean by "we repeat our wounds?"

KENT: In his book "Every Man a Warrior", the author Lonnie Berger, gives an example of this. He writes about a guy named Tony. Tony was raised in a Christian home, but he always felt that his dad loved his older brother Jack more than he loved him. When Tony was growing up, his dad always seemed to show a preference for his brother Jack. To Tony, it seemed that regardless of how hard he tried, or whatever he achieved, his dad was always more thrilled with Jack's accomplishments. So over time, Tony started to believe, "*Tony, you don't measure up.*"

And here is what I mean by repeating the wounds. As an adult, Tony was always critical of himself and those around him. At work, he'd always point out the flaws in other people. At home, Tony had three children, two girls and a boy. He loved all of his children, but he felt disappointed with his son. And often criticized him. See how the hurt repeats itself without us realizing it?

FOSTER: Yes. Kind of scary.

KENT: Yes. But scarier, is when Tony's son grew up, he moved away from home, and hardly ever spoke to his dad.

FOSTER: That's heartbreaking.

KENT: It is. And it's important for men to know that the wounds we carry don't have to be from big wounds like physical abuse. Hopefully, people understand that abuse wounds must be dealt with. If you've been physically or sexually abused, it is very, very important to talk to someone

about that so you can be healed. You may feel embarrassed or ashamed, but Satan is holding you in bondage for something you didn't ask for, didn't deserve, and it wasn't your fault. One of the problems with wounds, is lies normally attach to them. In cases of abuse, the lies are, you deserved the abuse, or it was your fault. And those lies make the wound even worse.

Jesus said, "*All who do evil hate the light and refuse to go near it for fear their sins will be exposed.*" [John 3:20, NLT] The sins that were committed against you must be brought into the light, but you need a safe Christian counselor who has experience in abuse counseling, to help you

FOSTER: My friend, if this describes you, please take the steps to be freed from the burden you are carrying.

This is Champions Arise. I'm Foster Braun, and I'm speaking with Kent Darcie about what we are calling "wounded warriors" Men of God who are suffering from wounds from the past. Kent, you mentioned that as terrible as abuse is, it doesn't have to that drastic to be a painful wound.

KENT: That's right. Wounds can come from hurtful events or painful relationships. I just shared the story of Tony, who thought that he didn't measure up because he felt his dad preferred his older brother over him. There was no abuse there, but that unhealed wound caused him to alienate his own son.

FOSTER: So how do we heal, Kent? What can help us overcome these wounds?

KENT: Let's look at five things that can help us overcome emotional wounds.

#1 is to admit there is a problem. If you have flashbacks, or relive the trauma over and over; maybe you're always tense, or have angry outbursts, these are signs that there is a problem—a wound. Stop pretending it's not there, or that it will go away by itself. Don't play the tough guy! When you deny your wounds, you not only hurt yourself, but you hurt others as well.

FOSTER: And that's not fair to them.

KENT: No its not. The second thing that can help us overcome our wounds, is to accept that we aren't the only ones who have wounds. We tend to think that we are the only man who experienced what we did. But even the Bible has examples of people with wounds.

We see it in the story of Joseph in the Old Testament.

In Genesis 37:3 and 4 we read. "*Jacob loved Joseph more than any of his other children because Joseph had been born to him in his old age. So one day Jacob had a special gift made for Joseph—a beautiful robe. But his brothers hated Joseph because their father loved him more than the rest of them. They couldn't say a kind word to him.*"

Here we see wounds on two sides. Joseph's brothers were wounded by their father's favoritism. Joseph was wounded by his brother's rejection.

FOSTER: And those unhealed wounds led to the brothers to try to kill Joseph.

KENT: Unhealed wounds can have a powerful effect on us and we saw it in Joseph's story. And while there are many other examples in the Bible, there are men with wounds in your men's group, on the leadership team, or on your sports team. Men just don't tell anybody.

The 3rd thing that helps us overcome our wounds is to confess our hurt to God. 1 Peter 5:7 says, “Give all your worries and cares to God, for he cares about you.” It doesn’t matter how deep or shameful our wound may be—maybe we know we **caused** a wound in someone else, and **that** is our wound. It doesn’t matter. We must give all of our worries and cares to God.

That’s another reason why daily quiet times are so important. You want to have such a deep relationship with God that you can share your deepest thoughts with Him. And guess what

FOSTER & KENT: He knows it anyway.

KENT: We aren’t hiding anything from Him.

FOSTER: It’s funny that we have to remind ourselves of that. So what is the 4th thing we can do to help heal our wounds?

KENT: Stand on God’s truth. Earlier in this series we talked about the importance of memorizing verses. God’s truth can crush Satan’s lies—if we know it. When Satan says, “you are worthless,” God’s word says in Psalm 139 vs 17, “*How precious are your thoughts toward me, O God! They are innumerable. I can’t even count them.*” [NLT 1984]

Or if you’ve been told, “you can’t do anything right.” God’s truth says, “*I can do all things through Christ who strengthens me.*” [Phil. 4:13]

Knowing God’s truth and applying God’s truth to your life is a great help for overcoming wounds. So after we have accepted we have a problem, admitted we’re not alone, confessed our wounds to God, and are standing on biblical truth, we are ready to share our burdens with each other. The fifth thing.

Romans 12:15 says “Rejoice with those who rejoice, weep with those who weep.”

Part of holding each other accountable as men, is being willing to share our burdens and to listen to each other’s burdens. But when someone is sharing from his heart—particularly a wound, remember James 1:19, “Everyone should be quick to listen and slow to speak.” [NIV]

Often, the best way to help someone who is sharing, is to say nothing. Or a simple, “I’m so sorry that happened to you.”

FOSTER: And I would think that confidentiality is necessary too.

KENT: Absolutely, Sharing is built on trust. It takes a lot for a man to share something that he thinks may make him look bad. So what is said in the group, stays in the group. But it’s worth sharing our wounds and a vital part of our healing.

FOSTER: okay Kent, Let’s do a review of where we’ve been today.

KENT: Many men are wounded warriors. They are trying their best to serve the Lord, their wives, and their kids, but wounds they suffered when they were younger, affect how they respond today.

We spoke about how wounds are common because we live in a fallen world, but we must take steps to heal. Those steps included,

- accepting we have a problem,

- admitting that we're not the only one that has wounds,
- Confessing our wounds to God
- standing on biblical truth and
- Sharing our burdens with each other.

And these steps are important, but our primary task is to lean on Jesus.

It's interesting that when Jesus started his ministry, He was in the synagogue one day and was asked to read from the scriptures.

He read from Isaiah 61.

"The Spirit of the Lord GOD is upon me, because the LORD has anointed me to bring good news to the poor; he has sent me to bind up the brokenhearted, to proclaim liberty to the captives."

My friend, don't be a captive to your wounds any longer. Take the steps to start your healing process today.

FOSTER: Thanks Kent. My friend, I hope you've been encouraged by this program. It's tough for wounded warriors to give their best in life's battles, so I hope you will heed Kent's words and find someone who can help you overcome your wounds.

Music Bumper in

(Program close)

FOSTER: Thank you for listening to Champions Arise where men are equipped and strengthened to meet their God-given potential. Today we discussed the importance of dealing with the wounds we have. This program is based on lesson #7 "The Wounded Warrior" in the book "Every Man a Warrior," Volume 3, by Lonnie Berger. You can find more information on his book and listen to any of the programs in this series at our website championsarise.org. I'm Foster Braun with Kent Darcie. Thank you for listening to Champions Arise. May God mold you into the man He knows you can be.