

## **Building a Strong Spirit**

Session 8 – Process Issues of the Heart

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### **Process Unresolved Issues of the Heart**

#### **Summary: Keys to Develop a Strong Spirit**

1. Strong Praying in Tongues.....(1Cor.14:4)
2. Meditate in The Word of God.....(Josh.1:8)
3. Engage God in Worship.....(Jn.4:24)
4. Wait Upon God.....(Is.40:31)
5. Obedience: Hearing and Obeying God promptly.....(Dt.11:8)
6. Fasting with Focus.....(Mt.17:21)
7. Face Adversity Courageously.....(Jam.1:1-5)
8. Resist the Devil .....(Judg.3:1-2)
9. Association with People of Faith.....(Prov.27:17)
10. Resolve Issues of the Heart.....(Prov.4:23)

#### **I. Issues of The Heart**

##### **1. The Importance of the Heart**

- *Prov.4:23* **Keep your heart with all diligence, For out of it spring the issues of life.**
- We have learned that Body, Soul, and Spirit are all closely connected and that an issue causing pain in one area overflows and affects the other areas
- Unresolved pain and sorrows that we carry leak from our life and undermine our strength
- Developing a strong spirit requires that we also address issues that drain our energy and hinder our freedom
- The life and expression of our spirit must flow through our heart and soul. Hindrances and brokenness in these areas block the flow in these areas drain our strength.

##### **2. The Valley of Baca**

- *Psa 84:5* **Blessed is the man whose strength is in You, Whose heart is set on pilgrimage.**  
*Psa 84:6* **As they pass through the Valley of Baca, They make it a spring; The rain also covers it with pools.**  
*Psa 84:7* **They go from strength to strength; Each one appears before God in Zion.**
  - Baca means sorrow or weeping
  - The valley of Baka represents grief and sorrow in our life that remains unresolved

- It keeps us in the valley of grief instead of progressing in our walk with The Lord
- **God does not intend us to remain in the Valley of Weeping but to process our sorrow and grow from strength to strength**

## II. Valleys in The Bible

### 1. What is the significance of a Valley?

- A valley is a low lying land between two mountains or High places
  - Valleys were places that battles were fought between the people of God and their enemies
  - Each valley mentioned in the Bible relates to experiences in life and where God teaches us lessons that empower us to grow from strength to strength

### 2. Valleys mentioned in the Bible

- There are many valleys mentioned by name in the Bible
- The names of the valley or the experience there corresponds to experiences that we can have in life
- **Valley of Baca (Ps. 84:6)**
  - *Baca ....means weeping or tears*
  - This valley represents an experience of grief or loss that deeply affects us
- **Valley of Rephaim (2 Sam.5:18)**
  - *Rephaim.....means giants*
  - This valley represents an experience of fear and intimidation, where we see to be confronted by an undefeatable “Giant”
- **Valley of Dry Bones (Ezek.37:1)**
  - *Dry Bones....A place of death and desolation*
  - This valley represents an experience where we have lost hope and are separated from friends
- **Valley of Achor (Josh.7:26)**
  - *Achor ....means trouble*
  - This valley represents a painful experience where we have setbacks and trouble because of our sin or the sins of others against us
- **Valley of Sorek (Jud.16:4)**
  - *Sorek.....means choice vines, and was the place that Delilah came from to seduce Samson*
  - This valley represents any experience that has seduced us from the call of God and has cost us our strength and freedom and vision

- **Valley of Hinnom (2Chron.28:3)**
  - *Hinnom ....means lamentation or deep grief.*
  - It was in this valley that children were offered to the false foreign god Molech
  - This valley represents deep grief because of the loss of a child, or the consequences of idols in our life upon our family
  
- **Valley of Gerar(Gen.26:17)**
  - *Gerar....means dwelling place*
  - It was in this valley that Isaac dug a well and there was great contention over the well
  - This valley represents conflict and reactions to the move of the Spirit in our lives
  
- **Valley of Decision (Joel.3:14)**
  - This valley represents any experience where we have a major decision to make that affects the course of our life

### **III. Reasons People get stuck in a Valley experience**

#### **1. Denial**

- People refuse to face the impact of grief and disappointment and trauma in their lives
- They would rather deny and blame than be honest about the pain they have experienced

#### **2. Unforgiveness**

- Unforgiveness locks us into the pain of the sins of others against us and opens the door to tormenting spirits
- A Decision to forgive will release the grace of God to cause us to grow stronger

#### **3. Bitter Judgments**

- These are personal judgments or deep seated opinions we form about others because of the pain we have experienced through them
- These judgments cause us to reap in our lives the very judgments that we have made against i others
- Renouncing and Releasing all judgments against people will release the grace of God to us and enable us to break free of the cycles of destruction

#### **4. Inner Vows**

- These are promises that we make to ourselves to protect ourselves from further hurt and pain
- They usually take the form: “I will never.....be like my father, marry someone like my father etc.”
- Renouncing and repenting of inner vows will release the grace of God to us and set us free to open our heart to love

## **5. Grief**

- Grief is the process of acknowledging painful loss and accepting the change
- There are multiple sources of grief, frequently as a result of experiences with people
- When we fail to resolve grief, familiar circumstances can trigger the grief and we overreact
- Admitting our grief, grieving openly and releasing it to The Lord releases the grace of God which frees us from the pain and sorrow and fears we have carried

## **6. False Burdens**

- False Burdens refers to responsibilities that we have taken up in response to painful experiences that we have had with people close to us, usually family who have failed us
- People pick up responsibilities that belong to others, and which they have neglected, because of fear and desire to control further pain, or because others have placed an ungodly expectation upon them
- Repenting and forgiving those involved releases the grace of God to bring freedom from the burden and the grief with it

## **7. Trauma Impact**

- A Trauma is an experience that overwhelms us emotionally and leaves a lasting impact upon us
- Unresolved trauma experiences leave people open to demonic torment and grief
- When traumas are faced and resolved we can come out of the valley experience we have lived in

## **8. Injustice**

- Experiences of injustice leave deep grief in the lives of people and tendencies to react in anger or sorrow at any future experiences of injustice
- Admitting the injustice, forgiving and letting it go to The Lord makes room for the grace of God to free us from this valley

## **9. False Comforts**

- A False Comfort is anything that we turn to, to self-medicate pain and grief that we are feeling
- False comforts can turn into costly and addictive distractions from resolving the sorrow of injustice
- Admitting the injustice and sorrow, grieving the loss and repenting from the false responsibility can release the grace of God to free us from this valley

#### IV. Moving from Strength to Strength

**God intends us to pass through valleys, and grow ...not remain in them**

- Psa 84:5 *Blessed is the man whose strength is in You, Whose heart is set on pilgrimage.*  
Psa 84:6 *As they **pass through** the Valley of Baca, **They make it a spring**; The rain also covers it with pools.*  
Psa 84:7 *They **go from strength to strength**; Each one appears before God in Zion.*
  - We are to pass through the valley experience, not remain in it
  - We are to lean into God, embrace His process, and resolve the issues that drain our strength

##### **1. Surrender Control to The Lord**

- Psa 84:5 *Blessed is the man whose strength is in You,*
  - *Strength....the ability to prevail, to gain the victory*
  - Acknowledge the accumulated and hidden core pain
  - Surrender control to the Lord
  - Invite Holy Spirit to bring to the surface the hidden issues of the heart

##### **2. Embrace God's Process for Healing**

- Psa 84:5 ..... *Whose heart is set on pilgrimage.*
  - *Pilgrimage means a journey, or a process*
  - To set our heart on pilgrimage means to embrace God's process of healing
  - Acknowledge the hidden pain
  - Grieve openly and release it to The Lord
  - Forgive people from the heart by a conscious decision to let go all debt
  - Renounce and cancel any inner vows or bitter judgments, or ungodly attachments

##### **3. Testify What God has Done**

- Psa 84:6 *As they pass through the Valley of Baca, They make it a spring;*
  - A spring is a well or place of life and refreshing for people to come
  - When we encounter God's healing presence and love, our sorrow is healed
  - When we testify to others what God has done and comfort them in their distress we have made our valley into a well or spring
- Psa 84:7 *They go from strength to strength*
  - What our enemy has intended for evil God has turned for good
  - We grow from strength to strength when we process painful experiences
  - Our faith also goes from strength to strength, from faith to faith

##### **4. In What valley have you become stuck?**