

My Way or His?

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All of us are injured.

Injury causes pain.

We shrink from pain.

So we develop behavior patterns of methods of dealing with the pain.

Those patterns begin to slowly control us.

Then the patterns become entrenched.

And eventually do control us.

Because every time we perceive pain (or painful memories) we default to the pattern.

What to do?

"Ye shall know the truth and the truth shall set you free."

Are you willing to tell the truth?

To yourself? About yourself? About others?

It is easy to protect self and others by maintaining idealized images.

"My Dad is a good man" because he is respected in the community.

Instead of "My Dad is a troubled man" because he abused me.

If "Dad is good" then "I must be bad" "I caused the abuse (or the family problems)"

Thus accepting blame for something for which I am not responsible.

Thus creating guilt for which "I" will always find ways to punish myself

Because the guilt has not been assigned to the abuser.

Thus protecting an idealized image in my mind.

Thus anger appropriately directed to the abuser is subconsciously directed deep into my life.

And I abuse myself to quietly assuage the anger.

Because anger cannot be appropriately expressed in violent ways.

The violence is turned against me - this time by me, myself.

The violent, self abuse I perceive as punishment.

And so assuages the (false, wrongly accepted) guilt for a time.

And I am "clean" for a time

When pressures (perceptions of pain) surface

I return to the default behavior pattern

Because the root problem is still there.

I have not assigned the real guilt to the real abuser

So, I continue to inappropriately carry the guilt

And the cycle continues.

All the while I reject offers of friendship and healing

Because I do not deserve the level of love and care that will bring healing

And because healing does not feel normal
And because my healing may expose someone whose image I am trying to protect
And healing will take me out of the familiar, default pattern that is keeping me alive
And the problem weaves more and more intricate threads
And the enemy builds strongholds in my life
As I accept the lie that my default patterns of behavior are keeping me alive
And I think that my developed pattern is the only answer to my pain.

What to do?

The next time I feel or fear to feel the pain
I will stop and not take the familiar and well worn path
I will stop and refuse to go down the well worn path that has become my pattern.
I will stop and ask Father what He wants to do with me here
I will accept the pain of the moment
Even though I think the pain will kill me
Even though every voice is screaming, "**you will die**"
I will stop and allow the pain to show me Father's voice
That still, calm voice that has been there all the time
But was drowned out by the other voices.
I will slowly take the path of pain and not the well worn path of self abuse.
I will discover a new path
A path overgrown with painful memories and experiences and fears.
A path that needs walking and effort
Because it goes upward and not downward
And even though I think this new path will kill me
I discover that I do not die on this new path
That was a lie - that I would die
And then, in the pain, I discover that Someone is holding my hand
What a joyful discovery
And though the journey is steep the path is getting smoother and brighter
Why did I not try this path before?
Why did I listen to the lie?
That I would die
And then I discover - that I did die
The pain I feared was the pain of death
To be reborn - new.
It is not the old me
And I scarcely know myself

My new self on this new path with Father
Not the way I thought of Father before
Not Father who frowned on my default behaviors as I tried to avoid pain
But now Father who was there in the pain of this my new journey
Father who promised an easy burden if I walk the path of Truth with Him
Father who was there all the time
Father who grieved **for** me - now grieves **with** me
And feels my pain.
He knows the pain, He has walked this way. It is His way.
And I discover that this new path is always available when I feel pain or fear
And I will still fear pain.
And I will still feel pain.
But when I feel and fear pain - I will stop.
Stop.
And allow Father to walk with me
His path through the pain
Is now my – our - path through the pain
But no more lies
Pain does not kill
I will not die
Unless I take my own path
The path of death.
I will now take the path of pain
And allow myself to feel the pain of birth into the new path
That I will choose
Over and over again
And will become my new path
Against the lies that controlled me
And put me on the wrong, downward path.
Every time I feel or fear pain
I will stop
And allow the pain to engulf me
And grieve the moment
Knowing I will not die
Because I died
And can never die again
And allow Father to hold me
And allow the people Father has placed in my life

To minister to me.
I will be vulnerable to Him and them.
I will joyfully receive blessing and love from Him and them.
I will love and live in love
Love that gives and receives
Knowing He loves me and has given me others to love and to love me.
I will joy in my life and in my healing
And out of my life will flow "rivers of living water"
That He has placed in me.
Water of life in my life
And my life will be a channel of blessing
Flowing His love that cleanses and heals
Me and those around me
And no more must I perform to be accepted.
He loves me.
No more must I hide.
He loves me.
No more must I defend.
He loves me.
No more must I pretend.
He loves me.

And just to think - all this blessing
And all I had to endure was just a little pain
That He saw me through
And vanquished the lie - that I would die!
This is life -this new path.
Each time I feel or fear pain
I will stop.
Stop.
Stop and choose
Choose the path of experiencing the pain
Knowing He is there
He loves me
Because I am His
He has walked this way before
He knows the way
And now I walk His way with Him.