

## **Inviting Him in**

About three years after I first experienced the Lord's healing of my wounded heart, it occurred to me that I could use the healing process when I struggled with strong emotions.

In the healing of my heart, I had basically invited Jesus in, grieved my wound, asked for his healing and heard the truth that cancelled the lie I had believed. Mainly I had invited him into my wound.

### ***My first clue***

One night I was having trouble sleeping. I was almost tormented by thoughts about my son and daughter. I tossed and turned, but I couldn't shake it. Then it occurred to me to ask the Lord into my thoughts, just like I had my wounds.

So I asked him in; asked him to think with me about what was troubling me.

Everything immediately changed. I saw it all from a new perspective. I felt peaceful about it. I realized I could leave my son and daughter with Jesus.

From then on, when I had strong emotions, I usually invited Jesus into them and they just changed amazingly and wonderfully. The scripture comes to mind, "Let this mind be in you, which was also in Christ Jesus." Phil 2:5

(One more thing before we move on: Paul warns us not to stay with strong emotions when he says in Ephesians 4:26-27, "In your anger, do not sin; don't let the sun go down you are still angry, and do not give the devil a foothold." Doesn't it make sense that any strong emotion held very long gives the devil authority ((to establish a foothold))? But by inviting the Lord into that strong emotion, the authority is returned where it should be.)

### ***Applying it to temptations***

One day I was struggling with a temptation. It occurred to me, just as before, that I could invite Jesus into it. My goodness, if I could invite him into the messiness of a wound, why couldn't I invite him into an tempting thought.

By this time I had begun to realize that Jesus isn't into our being holy before we come to him (think of the woman at the well, Zachias, the woman caught in adultery).

So I invited him into my tempting thought. And what do you think happened? No, no lightning bolt! Instead, my thought changed and I saw it from his point of view. Something like, "My good heart doesn't really want to go there. Instead I want more intimacy and even ecstasy with my Lord." Wham. It changed to something good, just like that (I'm snapping my fingers).

After I used this idea a bunch of times, I shared it with my band of brothers. Later, one of them called me after he had given in to a temptation. Well, I'll let him tell the story.

For years I have struggled with pornography. Recently, while attending a Wild at Heart retreat, God really touched my life and helped me revisit some deep wounds that have been there since childhood. He helped me find healing as I invited Him into that situation, letting the lies I was told be exchanged for His truth.

I'm sure there are other areas that will continue to need healing, but I also found a new freedom in the above areas as well. I had gone for some time without giving in, but then I once more fell into the temptation and yielded. After sharing this with David Colborn, he challenged me, "When you begin feeling this temptation, invite Jesus into the situation and ask Him what He wants you to feel."

I tried this the next week, and it was weird, if I can put it that way. It put a whole different perspective on the situation. My thoughts took a positive tack and that was it. My temptation dissolved!

This caused me to begin to think, "What it is that I am really looking for?" Why is this attractive to me and what is the real underlying need? What brings this on and how can this be met in Jesus?

The answer to these questions is something I want to follow up on. I'm sure as I continue to open up to the Lord, He will help me find the deeper need and bring healing to that area. He'll show me how I can get the true need met in my heart. The temptation is a false, temporary answer to a true deep need.

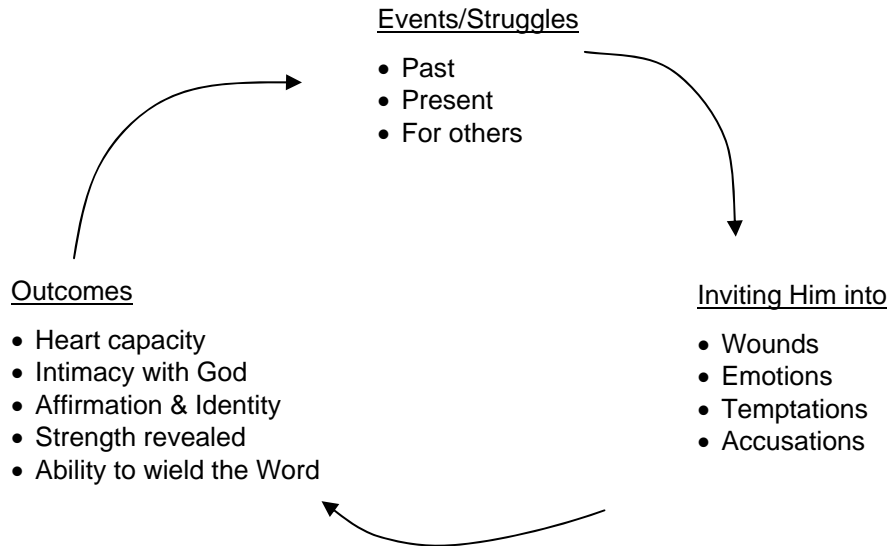
I would encourage others to do the same when facing temptations. Immediately invite Him into that situation and follow what He reveals to you.

## ***A model for how this works***

When an event triggers something from our past, such as a wound, inviting Jesus into it as soon as possible will produce all or many of the items under Outcomes below.

When an event triggers a present emotion, temptation or accusation, inviting Jesus into it as soon as possible will produce all or many of the items under Outcomes below.

When an opportunity to serve others occurs and we are not “feeling like it,” inviting Jesus into it as soon as possible will produce all or many of the items under Outcomes below.



## ***The process from the sin management model***

