Soul care principle one concerning identity issues had really stirred my soul. After spending time with the Lord, I had asked him to reveal the lies I have told myself which negatively affected my spiritual life. Out of the three different kinds of lies which are the performance lie, people pleasing lie, and the lie of control, the last two lies are the most relevant to myself.[1] The people pleasing lie prevents me from denying a friend's request and puts pressure on myself for everyone to like me and hold me up in high regard. This had manifested when I had found out I was more sensitive than the average male emotionally. Therefore, I needed to avoid confrontation at all costs because I was afraid of breaking down in public from the verbal assault from the other person. Therefore, I had later developed a defensive mechanism for this by masking my emotions with anger whenever I was attacked verbally.

The lie of control had manifested in my soul because I have not placed all my trust in the Lord. My sin is that I trust myself more than I trust in God. What makes me feel vulnerable is my emotional sensitivity. I am most attached to my image as a humble and reliable person, although I do not know if I am truly humble inside. I am also most proud of my artistic abilities and writing abilities. Additionally, I am most defensive of my physical attractiveness and my personality. I think both of my lies feed into this delusional image I want to maintain in public. I make a false mask to hide behind to fend off my feelings of vulnerability.

Lie: "The issue of my value is dependent on my perceived humility, reliability, and likeability."

Moreover, I still had retained specific memories of people acknowledging my humility and reliability as a person, as there was this one time when I had done a school group essay by myself when it was supposed to be created by the entire group. This was insurance if one of the group members forgot to print out the group assignment which was the case. Everyone was

[1] Rob Reimer, *Soul Care: Seven Transformational Principles for a Healthy Soul* (Tennessee: Carpenter's Son Publishing, 2016), 52-58.

grateful to me and I felt delighted by the special treatment. It was out of these kinds of scenarios, that the people pleasing and performance lies were born. But I soon learned that the secure feeling was only temporary and could only happen when I put an extra work load upon myself which would eventually burn me out.

The lie of control over my life was when I had felt that if I made enough money with my skills and capabilities, even without walking in tune with the Spirit on a consistent basis, I would be fine in terms of my spiritual and earthly life. This was when the second type of lie was born in my heart. When I stand on my weak spiritual foundation, I feel a sense of trepidation. In order to comfort myself, I tell the people pleasing lie and the lie of control to myself, saying "that everything would work out just fine." The imaginary conversations I would have, are conversations when I am getting praised and when I am in the center of attention. The symptomatic expressions of these kinds of lies in my life are when I am feeling despair and mental fatigue because I am running spiritually dry. They manifest when I am becoming irritable and impatient with my family members and close ones.

Lie: "My value as a person depends on my public image."

Truth slogan: "Behold what manner of love the Father has bestowed on us, that we should be called children of God!" (1 John 3:1).

Lie: "My value as a person depends on my reliability and likeability."

Truth slogan: "But God, who is rich in mercy …. even when we were dead in trespasses made us alive together with Christ … that in the ages to come He might show the exceeding riches of His grace in His kindness toward us in Christ Jesus." (Ephesians 2:4–7).

I struggle with an identity wound because I have become too tied to my false self. This manifests by not revealing my true self to others outside of my family and close friends. I also

struggle with a bent will. This manifests through my tendency to victimize myself and focus too much on myself rather than God. This is because I have been bullied all throughout fourth grade, seventh grade, and all my high school years so my toxic shame has accumulated over the years. I have shared this with an intimate group of church friends whom I could trust.

In regards to soul care principle two called “Repentance,” I admit that I cannot easily confess my sins regarding my temper and impatience. Although I tried my best to hide my sins, the Lord knows all of them as well as some of the congregates in my church as some of my past fights with them were based on my temper before I became a children’s pastor. I had realized that the Lord has given me indicating signs of when I should have confessed my sins. There were times when the Lord exposed my sins in public as well because I was too proud to confess them. As it states in the Soul Care book, “the law of the harvest states that a person reaps what they sow, and God uses the consequences of our poor choices to lead us to repentance.” (Reimer 80).

Thankfully this was in another church besides my home church, however my father said that rather than coincidence, the Lord was deliberately shaming me so that I can change for the better. I had argued to my father who is a pastor, then how come when I sin, for most cases, I do not get punished? He had then replied that it was because “God is restraining himself when you sin until He cannot take it anymore.” I was told that is when he exposes my sins to the public. At first, I felt angry that God will betray me and hinder my career as a future pastor and current children’s pastor. However, after my indignation subsided, I realized that it was my fault alone. I was the one who was hindering my moral and spiritual integrity as a children’s pastor. I finally realized that the Lord was only trying to help me, gently as first, then more harshly if I remained

too proud and stubborn. As Dr. Rob Reimer states, "The discipline of the Lord is not punitive; it is restorative."[2]

It had also click in my mind after reading "River Dwellers," that the Lord was changing me to resist the temptation of blaming Him and others as well as the temptation of telling them their mistakes when I become filled with unjustified anger.[3] The sins of anger and defensiveness are the sins which I now confess to the Lord which I had gotten exposed for in public. Nonetheless, I still do not fully feel the release of the burden of these sins from my spiritual being. As the book states, "Repentance is like a soul alignment. It makes your soul breathe a sigh of relief. It is soul-refreshing to be in the right alignment with God. But when you are not in alignment with God, your soul is subject to disease."[4]

This is because I have not fully overcome it and am still struggling with it. This really tells me to focus more on making time with God consistently either in the morning or even at night, as I am a night owl or someone who wakes up late and goes to sleep late. Although I am organized in terms of my school work and make a daily schedule in terms of what assignments I will get done in the present and future weeks, I am not managing time as well with my spiritual life. This tells me to stop privatizing my faith and encourages me to combine it with my daily life in order to establish a consistent daily rhythm of faith. Furthermore, the worldly sorrow in my life was my defensiveness of my sins, claiming that my sin with anger was not anything new and that it was natural for an inexperienced man in his mid-twenties in my argument with my father. I tried to justify my sin by hiding behind my youth, however I know that as time goes on, I too

---

[2] Rob Reimer, *Soul Care: Seven Transformational Principles for a Healthy Soul* (Tennessee: Carpenter's Son Publishing, 2016), 81.
[3] Rob Reimer, *River Dwellers: Living in the Fullness of the Spirit* (Tennessee: Carpenter's Son Publishing, 2015), 74.
[4] Rob Reimer, *Soul Care: Seven Transformational Principles for a Healthy Soul* (Tennessee: Carpenter's Son Publishing, 2016), 75.

like everyone else will age, and that I can still possibly struggle with my anger issues as I go into my thirties and forties unless I stop it early in my life.

Moreover, the book called "River Dwellers" mentions how "Secrets are destructive to the soul, and their damage can leak into our physical and emotional health."[5] I have experienced what it had felt like when I tried to hide a wrongdoing of mine from my family members in the past, yet at that time, some part of me was suffering and screaming for me to tell the truth to my parents. The truth was that I had almost stolen cash from one of their wallets but at the last moment I had put it back into their rightful place. When I confessed my sins, they were not angry, but were disappointed in me. Nevertheless, after some time of processing my confession, they said they were proud of me to admit my sin as it required godly courage. I not only felt alleviated of the heavy burden of my sin but had also felt more in tune with God than previously when I was keeping the secret to myself. Therefore, one can state with certainty that "We must bring the secrets to the light, or we will not have fellowship with God and others. We cannot bring healing to our souls or to our families as long as we are going to harbor our secrets."[6]

One last soul care principle which had touched my soul was deliverance. This is because after reading this section, I realized that I probably have passed by more people who were oppressed by demons than I had thought in my life. I had somehow only pictured the demon possessed as angry, yet through this book I had learned that they can also be dejected and despairing as well. The fact that some of the demon possessed individuals are erroneously placed into mental asylums and are injected with numbing drugs saddens my heart as well. This reading has opened my eyes to how people behave when they are possessed and how to do deliverance correctly such as asking a suspected demon possessed individual questions about Christ as well

[5] Rob Reimer, *River Dwellers: Living in the Fullness of the Spirit* (Tennessee: Carpenter's Son Publishing, 2015), 132.
[6] Rob Reimer, *River Dwellers: Living in the Fullness of the Spirit* (Tennessee: Carpenter's Son Publishing, 2015), 132.

as forming a team to help with deliverance.[7] Nevertheless, read as I might, I know that knowing in theory is not the equivalent of knowing from actual experience. I also realized that I first need to strengthen my spiritual faith in order to cast out demons tormenting the people which God had made in his own image. After all, what kind of pastor will I be if I do not know how to deliver demons or if I am too fearful of deliverance? As Dr. Rob Reimer points out, "If the church does not own her spiritual authority, who can? If the church does not set people free in the name of Jesus, where can these souls go for help? If the churches do not do her job, then people are left with the sounds of hell echoing through their souls."[8]

In finality, I need to let go my defensiveness and make myself vulnerable to the Lord and truly repent of my sins out of godly sorrow rather than repent as an obligation. I also must trust in the Heavenly Father and Christ more than I trust myself which is more challenging to do than to say in words. Therefore, in order to accomplish this, I must "ask God for a contrite heart."[9] I realized that my heart was not yet pierced and is not like the soil "that has been plowed and prepared to receive the seed…. It is only when the heart is pierced that the soul can be healthy."[10] Lastly, I must work on my spiritual faith not only for myself but for the sake of those who are suffering from demon possession as such victims are waiting for someone to deliver them from their tormenting spirits.

Bibliography

Reimer, Rob. *River Dwellers: Living in the Fullness of the Spirit.* Tennessee: Carpenter's Son

[7] Rob Reimer, *Soul Care: Seven Transformational Principles for a Healthy Soul* (Tennessee: Carpenter's Son Publishing, 2016), 231-232.
[8] Ibid., 237.
[9] Ibid., 85.
[10] Ibid., 81.

Publishing, 2015.

Reimer, Rob. *Soul Care: Seven Transformational Principles for a Healthy Soul.* Tennessee: Carpenter's Son Publishing, 2016.