

SF770 Soul Care  
Spring 2023  
Priscilla Wong  
Personal Reflection and Journal

I will be reflecting on the action steps in each chapter of Soul Care written by Dr. Rob Reimer.<sup>1</sup>

#### Chapter 1 Identity:

The performance lie affects me the most, I am exactly the type that focuses on negative criticism and expect to receive positive comments. When I put in a lot of time and efforts doing something, I expect my performance to be close to perfect. But it is not the case in reality. I have been a worship leader for years, in the past I dreaded listening back to my worship sessions, I would pick on my own singing and it would bother me a lot if I could not lead people to meet God during worship. I feel that God has gifted me with a beautiful voice, people often complimented my voice and how I can lead them into worship. I was afraid to receive criticism about my singing, the difference in how people perceive me and how I perceive myself would make me feel very vulnerable. I almost never asked people how I did because I was afraid to even hear it.

These were the things that ran through my mind when I don't want to deal with criticism: "They are jealous, they don't know what they are talking about", "talk to me when you could sing like me", and "there is nothing so special about their singing". As I am writing this, I think

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<sup>1</sup>Reimer, Rob. *Soul Care: Seven Transformational Principles for a Healthy Soul*. Franklin, Tennessee: Carpenter's Son Publishing, 2016.

the music coordinator at my church when I started to serve somewhat reinforced why I didn't welcome people's criticism about my singing. We like different styles of music, and she would focus so much on technique and her preferences and I never felt that she validated my singing and my style, I was somewhat crushed and discouraged for years. Everyone looked up to her, and I reluctantly obliged.

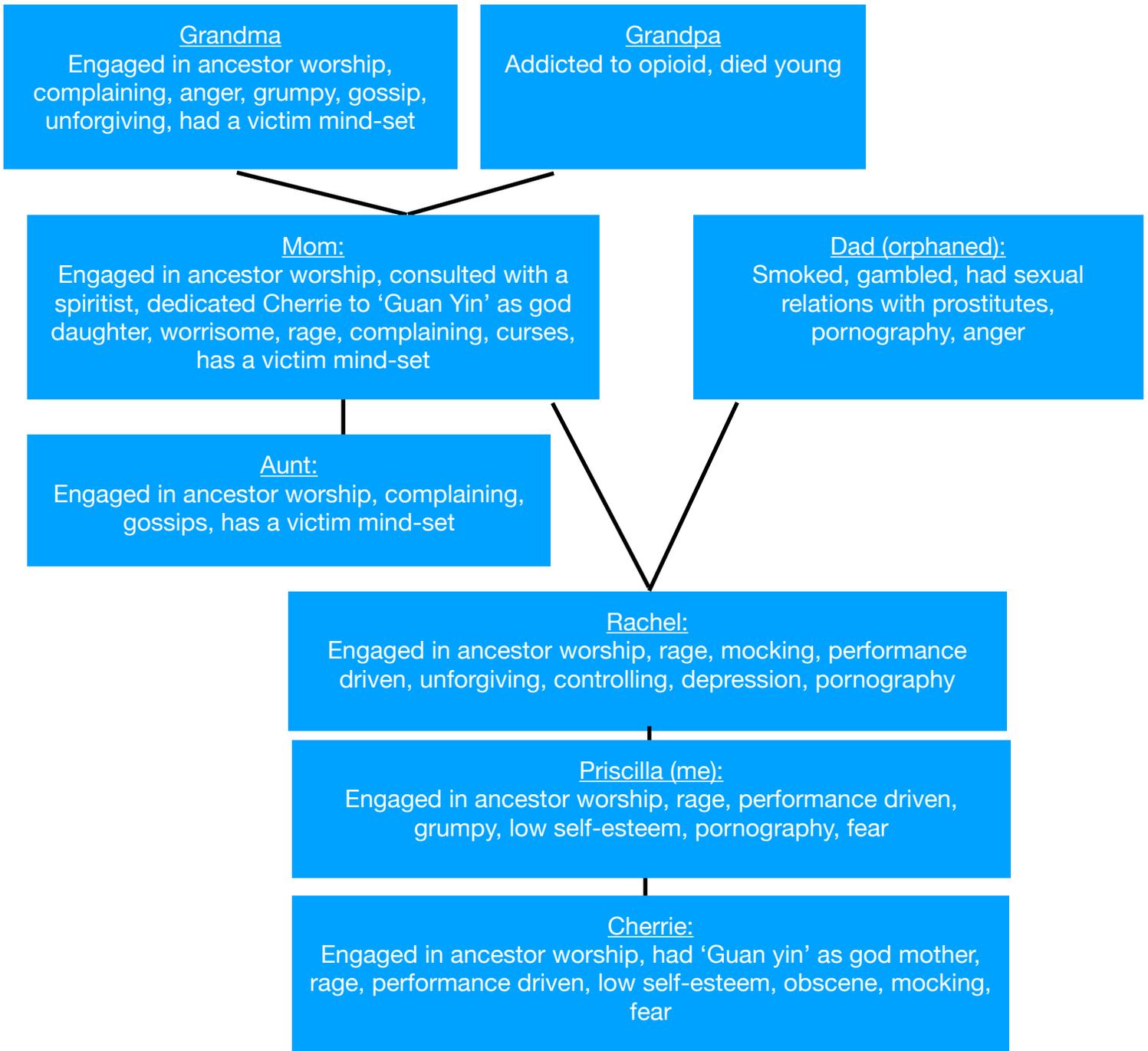
I almost forgot about how the music coordinator influenced me negatively, its been too long. But God now you are guiding me to it, I want to be healed from the past hurt, she is only human and has her brokenness to deal with. God I pray that she would have the courage to face her brokenness and be able to overcome it. God I pray that I would be able to overcome the fear to receive criticism, especially in singing and other things that I think I am good at. Holy Spirit please guide me how to receive criticism correctly, I need your help! My slogan of truth is: "Fear of criticism go away, Holy Spirit will guide me through the process of receiving criticism!"

## Chapter 2 Repentance:

I almost always go to God right after I sin, I need God to forgive and help me correct it. I have confessed my sins timely. Lately though, I have asked God to take my elderly dog away since it is a lot of stress to take care of him. I felt like instead of asking God to protect him or heal him, I curse him. Also, I'm not waiting on God's timing. It should happen in God's timing. I feel like I tend to find someone or something to blame when things don't go the way I expected or when I am frustrated. It has a lot to do with how I handled my stress or frustration since I was little. I prayed to God to forgive me for cursing others in my mind when things don't go my way

and help me to deal with my frustration and stress and see beyond my negative emotions and see through the matters and address what's behind them.

### Chapter 3 Overcoming Family Sin Patterns:



The above is the genogram of my family. These family sin patterns manifested the most when I was little. I was addicted to pornography when I was little, and it completely left me after I gave birth to my daughter, I asked God why it left just like that. As I am exploring, I felt that it was because I didn't feel loved and intimacy with another person, not even after I got married with my husband. But I am very content with the healthy, loving bond that I have developed with my daughter, it has completely eliminated the void inside of me that I was looking to fill.

Anger was definitely my most prominent sin pattern. I used to be get very angry and impatient when I was frustrated and stressed. And the only way I knew how to confront conflict was to raise my voice and be angry, blame it all on the other person. So I always chose to avoid conflict because I didn't know how to handle it healthily and with wisdom. So when my daughter was born, I got so frustrated and stressed taking care of her while I had to work full-time. But I felt like I'm repeating the cycle of how my mom raised us, she would yell and cursed at us when she was frustrated. I wanted to end the cycle. Also, when I read Proverbs 14:17, it says that "A quick-tempered person does foolish things, and the one who devises evil schemes is hated." I don't want to be foolish, I want to be wise, so I decided I need help from God. I would scream and get very angry with my daughter, but then I would feel really bad and went to God to confess, asked for forgiveness and help, and I repented. I would repeat this every time after my temper went out of control. God does not despise a broken and contrite heart, Psalm 51:17. Slowly my anger is under much better control. Then I practiced what I learned in my family with things that I'm easily angered about, like how people blocked my driveway when they

parked, when strangers are rude, etc. And I'm slowly coming out of anger, I am still a work-in-progress, but I am much better than I was 10 years ago. But I don't want to get puffed up, because I know anger knocks on my door all the time, I need to rely on God to overcome it.

#### Chapter 4 Forgiveness:

People I need to forgive: my former bosses Rich and Joe; my former coworkers Leslie, Mary, and Cyndi; my parents and sisters; my aunts and their families; my husband and his side of the family; my former pastors Ben and Stanley; the music coordinator Ching and her husband; my elementary teachers Miss Yam and Miss Lau; the father/principal of my catholic elementary school; my friends Jolly, Jenny; the random men who touched me inappropriately when I was little. I prayed blessings over every one of them, this world is broken and so are the people who offended me. I pray that they will know God, and be willing to be transformed by God so they can be set free and no longer need to live in bondages.

#### Chapter 5 Healing Wounds:

My wounds came from people. The people who are above me and have authority over me caused the most wounds in my life. I am afraid to deal with authority, I feel like I will never win. I always try to keep a distance with them because I don't want to get hurt. As I asked the Holy Spirit to help me recall my major wound, I remember that I was crying on a train, I forgot why I was crying, I was around 11 years old and my mom shamed me and said it is shameful that I was crying in public and asked strangers to look at how shameful I look. I felt deeply hurt inside. I asked God to help me heal. The same feelings of hurt and being a victim resurfaced

when I felt disappointed about my former senior pastor. I felt like he didn't represent Jesus well as a senior pastor and people in authority at church made me feel unloved. I was avoiding people when I felt hurt and I couldn't move forward. Holy Spirit revealed to me that I was the little girl who felt abandoned and hurt. I proclaimed that the little girl no longer has any power over me, I nailed that little girl along with the hurt, abandoned, victimized feelings on the cross and they died with Jesus, my old self died and no longer has any power over me. I asked Jesus to come and heal me. I prayed that prayer with my husband and he hugged me and told me how he didn't love me the way he should. I felt loved and warm. Then another time, my mom took the three of us (me and my two other sisters) to the rooftop of the building where we lived. She asked us to look down the building and asked if we were afraid. We looked and said we were. Then we lingered a bit on the rooftop and then left. When we were much older, she told us she wanted to jump off the building with us. My family was in debt and could not pay it off. I asked Jesus to come and heal us, each one of us, including my mom. That we would be healed from our trauma. I asked how God wants to address this event that wasn't that frightening at the time when it happened because we didn't know what went on until much later. God didn't specifically told me what to do with it. But I'll wait for God's timing, when he slowly shows me how he will address it.

#### Chapter 6 Overcoming Fears:

What are your root fears? How do they manifest themselves? How are your fears affecting your relationship with God? How are your fears connected to the lies you believe? What are the wounds beneath those fears? Take time to pray for healing. What are the courageous actions you

need to take to overcome your fears? Bring your fears to Jesus. Let Him speak and minister to you.

My fear is I succumb to authority out of fear that they would disapprove of me, when people in authority asked me to do something I just chose to obey most of time, especially when I didn't know the person in authority too well. When I know the person, I can start talking about my situations and then we can work things out. I think this fear of disapproval has a lot to do with how we were raised as Asians at home and in school. We were not allowed to talk back and just be quiet when adults talk. My opinions and feelings were never validated since I was little. I felt suppressed. I even had to submit to my older sister when she told me what to do and how I should do certain things. When my mom was really sick in the hospital almost 15 years ago, I remember that I had to sleep overnight in the hospital lobby by myself when my mom was in a coma for days that she later woke up from. My older sister suggested that all three of us sisters had to take turns looking after my mom. My older sister decided that just in case my mom woke up and one of us needed to be there for her. I was traumatized from this experience, I dreaded going to the hospital and taking care of my parents. I felt very stressed when my sisters asked me to do that every time when my parents are sick in the hospital, which happens quite a lot. Every time I would need to drop everything to take care of them since they don't speak English. It's not that I don't love them but the hospital experiences were too traumatic for me. I associate the experiences with suppression as well. Every time I would do it but I felt a tremendous amount of stress. I felt pressured and didn't say no because that would mean I don't love my parents and my sisters would be mad at me. They wouldn't mind staying late in the hospital but not me. I prayed that God would heal me from this trauma. But God is so good, lately I visited

my dad in the hospital. One night I dreamed of a man sitting casually in the corner of what I think is the hospital room where my dad stayed in. The man didn't do anything, it was just an image of a man dressed in a colorful shirt, he was nicely dressed and his presence gave me a sense of peace. He almost felt like an angel. I would still see evil spirit in my dreams from time to time and I would cast it away in my dreams and I would sense fear in me. Evil spirit scared me so much in the past and I still have fear when I see it, but when I pray to God, fear is completely gone and peace from God is restored. The presence of this man gave me so much peace, I asked God if this is from him. He didn't say anything but the sensation of peace remains. I feel like God is assuring me that his angel was present in the hospital where my dad stayed and the next time I need to visit my dad again, I would recall that vision I had in my dream and I would be reminded that God is here with us.

My dad was put on hospice care since that hospital stay. All emotions surfaced, very complicated emotions. I had an argument with my sisters when we were texting. I told them how I felt, but of course they were mad at me but I was proud that I finally spoke out after all these years. We made up, but never revisited the topic. It is not the right timing to bring it up again. But I decided that I would no longer need to live under their approval. It is their brokenness that they set expectations for others to meet and they get upset when others don't meet their expectations. They have to deal with their own brokenness before God. I cared about their approval too much that it became a heavy burden. I want to be set free. And Jesus tells me that he bore it all for them on the cross, but they would need to take up their cross to follow Jesus. And my mom always complains, I used to address her complaints but it also became so stressful. I now don't address it immediately and wait if it's not urgent, or not address it at all if

it's not important. I also don't react to her verbal complaints, I used to say something to correct her but now I just keep quiet and pray. I started to see how the brokenness of my family has affected me, and now I just don't reinforce the influence by keeping quiet and praying when I sense that their brokenness is manifesting. And it's really working, it doesn't get to me as much as before, I feel relieved as I am guided by the Holy Spirit to deal with their brokenness and my fear. I feel like this is a work in progress.

#### Chapter 7 Deliverance:

Reflect on your worldview as it relates to demonic strongholds. Does it align with the biblical worldview? Ask yourself the list of questions related to how spirits enter. Is there a history of addiction in your family tree? Is there a history of abuse? Was there physical, sexual, or emotional abuse? Have you been abused in any of these ways? Are there any mental hospitalizations, suicides, or suicide attempts in the family? Is there a lot of depression and suicide ideology? Has there been occult activity, witchcraft, ancestor worship, or other religious practices? Have you engaged in any occult activity? Examine the symptoms of demonization. Do you experience any of these symptoms? If you feel like you might need a deliverance, get help from a trusted, spiritually mature friend, and walk through the steps in the addendum at the end of this book. Prepare by making sure your confessions are current and doing the work outlined in each of these chapters first.

I believe Christians can have demons inside of them, through the various ways Dr. Reimer discussed in the book. My mom attempted to commit suicide as I mentioned above, but she didn't try again, she wanted to kill herself because she was trying to avoid financial problems

and not so much demonization. My older sister suffered from depression. We used to worship ancestors, I burned incense to them and the “god of land” in Hong Kong, I didn’t have any symptoms of demonization. However, I used to have nightmares where the setting of the nightmares was in the building that I used to live back in Hong Kong, from time to time I would also hear someone call my name and got woken up from a nap, I also saw spirit before. These all stopped after I renounced what I worshipped specifically. My younger sister had a ceremony to invite “Guan yin” to be her god mother because she was always sick when she was little. She showed symptoms of demonization, after she renounced it she was better, but she still shows signs of demonization from time to time, and she still needs deliverance from time to time. I think she still has some evil spirit inside of her because the deliverances that she had might not be thorough. But I am not sure whether it was demon or her old self sometimes. I did a deliverance for her recently, she fell to the floor and her esophagus hurt and she gagged. I asked Jesus to come and lift up the shame that she had, and I felt a breakthrough, but she said her esophagus still hurts from time to time. She developed this disease where her esophagus contracted to a point that she could not eat normally. I am looking forward to learn more from Dr. Reimer’s soul care conference, I also asked my sister to go, hopefully she can be helped and set free. She’s reading this book before the conference.