

06/28/25

War against depression

I had a client come in with a whole list of things he wanted me to address . He was sure to let me know what was hurting and why . Like he gave specific muscles names which is not a regular occurrence . He ripped his shirt off and began to explain to me EXACTLY what he perceived his problem was (also not a regular occurrence).I listened to the client because obviously that's what I'm getting paid to do but every now and then Yah will give me insight that was hidden from me and the client .

As I did the massage I noticed that if the client had never mentioned his injuries I would not have known . I told him

" you know if you would have not told me of the extent of your injuries I wouldn't have been able to guess that you were so injured " . He had full range or motion, no scarring none of the "normal" things that give an indication of a past injury.

The Holy Spirt gave me this revelation :

our bodies are extremely fragile but our minds are even more so . So much so that even when the Body has healed the mind (the soul) often times is still left with a wound. The man's physical body was healed. No longer in the invalid state. But his mind (soul) had not begun the recovery process. I want to tell you today that Jesus is the recovery process. After a near death experience like that, you don't just walk away unscathed.

Moments like this are the type of open door that satan looks for to exploit you. It's not always that you grew up in a bad home, it's not always that you were sexually assaulted. Sometimes it can be just like this gentleman you are faced with the reality of how fragile life is. You can lean on the one who gave you life and place that fragile life of yours back in the masters hands. Not that you could ever take it away

but you can choose today to acknowledge that Jesus is the giver of life and strip the enemy of his power to torment you with the reality of how fragile you really are.

The mind is the last place to receive the healing and the Holy Spirit reminded me this is why it's imperative that you renew your mind with the word daily ! so that when the body does heal you have a healed soul. And you are able to live healed and whole and not like that old injured version of yourself

(sound mind and the body to follow suit)

Prayers & Decelerations

Dear Heavenly Father we thank you that you are the giver of life, we thank you that you are the sustainer of life. I acknowledge that i am fragile but God you are not! I acknowledge that i am limited but you are not. I acknowledge that i can be hurt ,but you are above my pain. I acknowledge that man, accidents ,and many other things can hurt this body but you oh God you are the keeper of my soul! You are the lifter of my head . Lift my head oh Lord! Lift my head from depression, life my head from anxiety , lift my head and open the eyes of my understanding the perceive the situation rightly. Your word in Romans 8 and 28 tells me that all things are working together for my good . Open my eyes to that reality and silence every other voice in Jesus name. Let nothing that i have endured be wasted , let the trials produce a fruitful harvest in me let it produce fruit that please you oh Lord! Keep me on your wheel oh potter until I become a tool fit for your use. keep my on the wheel until i become clay that bears your imagine and the image of no other. Shape me and mold me shape and mold my life, shape and mold the lives of those around me ...those who have been effected by this tragedy until we are clay that bears your Imagine in Jesus name.

We decree and declare that soundness of mind return to us in Jesus name. A mind capable of making right decisions, a mind capable of choosing righteousness,a mind capable of choosing rightly in Jesus name

We decree and declare that the healing in our mind catch up with and even supersede the healing of this mortal body in Jesus name

Lord we ask that every open door, every entry way that has been opened because of _____(name it) be closed and sealed shut by the blood of Jesus . And anything and anyone who has entered into our lives from that point of access that was not sent from you be removed in the name of Jesus .father we ask for full recovery of all that has been lost your word tells us that you are the God who can restore the years ! We pray for full recovery and restoration Jesus name amen.