

## Patterns

As you strive for complete healing you will notice that there are many areas of woundedness of which you are not aware. One of the ways the Lord will help you to discover these wounds is by allowing the same kind of problem to come up over and over again. By this it is not to be understood that the problem happens daily or even frequently; perhaps it is something that happens quite rarely. However, as you look back over your life you will notice that this thing, whatever it may be, keeps happening to you. It may be some point of injustice, being belittled or ridiculed, being hurt by an action or statement, being violated in a particular manner, etc. When these things occur, you will certainly be aware of the pattern that has been established over time, but you may also find yourself asking “Why does this keep happening?”

When you notice this type of pattern, it is often the Lord’s way of trying to tell you that there is something down deep within yourself, something of which you may not even be aware, which is related to the event you recently experienced as the latest in a pattern of like events. You will also notice that when these events occur you will normally get quite upset. The anger, however, will often times be far greater than what the event would seem to warrant. If you try to let go of the anger or to forgive the person who performed the action about which you are upset, you will most often find yourself unable or having a very difficult time forgiving or letting go. The reason for this is that the hurt and/or anger you feel is not from the most recent event alone, rather it is hooked into the wound caused by the very first event that occurred to begin the pattern. Beyond this, the hurt and anger of all of the other events that constitute the pattern are also hooked into this original wound. This is why the hurt or anger you feel regarding the most recent event seems unreasonably large and unmanageable.

In order to heal from this difficulty, go to prayer and ask the Lord to show you the first time when this (the problem you see as a pattern) occurred. This may take a few periods of prayer, but when the problem is revealed there will normally be a number of events that will be shown to you. These events will be pivotal events, i.e., events which are similar to what came before but somewhat different. The difference in the events is important because when you are shown the original event you may not even recognize a connection with the most recent situation. However, having seen the series of pivotal events, you will understand how your mind is connecting the most recent event with the original. Once you have seen the first event in the pattern, you will need to address it directly, i.e., deal with the hurt, forgive the individual(s) involved, work through the fears, etc. Once you have dealt with the first event, ask the Lord to bring you to the next event in the pattern. This continues until you make your way to the most recent occurrence in this pattern. Dealing with the first event is the most difficult of any in the series (although at times even the first is quite simple). Once the first event is addressed completely, the rest will fall like dominoes. The next time something similar occurs, you should find that you have very little trouble dealing with the problem.