

THE JOURNEY INTO THE
DIVIDED *Heart*

Helping You Face the Defense Mechanisms
that Hinder True Emotional Healing

Steve Fair

5 Fold Media

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*The Journey into the Divided Heart: Helping You Face the Defense
Mechanisms that Hinder True Emotional Healing*

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Foreword

“The hardest road to walk is the one that leads inside yourself”

— Pastor Walt Caughel

As a minister and pastor most of my life I have not only witnessed how events and memory affect our lives, but I have lived it out myself. I came to my crisis of facing the question of who was I in my early college years. As depicted in the title of this book, *The Journey into the Divided Heart*, so was my heart divided. The stages of life, the wounds of childhood, the effects of growing up in mild poverty, confusion of religious life, and the pain of the world’s systems came together, leaving me confused as to who I was. Emotions were filled with the joys and pains of my memories; friends seemed to come and go but none of them seemed to reach the depths of my heart anymore. Life was getting harder and my true person getting more lost in my everyday existence. It was during this time of my walk with God that He shared a very wise statement with me that would take most of the rest of my life to begin to understand. One day as I was struggling, He stated to me in prayer, “The hardest road to walk is the one that leads inside yourself.” The rest of my life I would spend learning the depth of truth in that one sentence.

This book, *The Journey into the Divided Heart*, would have been a great tool in walking that road into this understanding. No matter what stage of life we are in, our hearts need to be healed. I would encourage anyone, no matter how they view themselves or their lives, to read this

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book. It gives insight into not only how we operate as humans in our thinking and defense mechanisms, but practical biblical steps to begin a new life today. A second benefit to gaining the truths revealed in these well-written pages is acquiring a better understanding of others. The benefits of understanding what a divided heart is and what can be done about it allow us to relate with others with more love and understanding. As we are less confused about our own memories and the effects they have, we will be more equipped to walk with those around us. What more wonderful tool to spread the love of God can there be than using our healed heart to walk with another on their road inside themselves?

Today I am as much walking this path as when I received this word. It has been a hard road taking an honest look inside my life at the guidance of the Holy Spirit. So many times the standards of the world around me or my own emotion would get in the way of seeing myself the way God sees me. Hurt, pain, and hope all mixed in a way that sometimes would make life hard to understand. Shame, fear, guilt, and anger would build walls that would direct these emotions at others or for me mostly aim them at myself. Maybe you can relate to having this same difficulty walking the road that leads inside of you?

I can tell you with confidence that though I am not finished with this road myself, it has been worth every challenge to stay on the path. In following the Holy Spirit inside myself, God has been able to reveal Himself to me in ways I would have never imagined when starting the journey. Areas that I thought would hurt forever have been healed, pain I was sure would never end He took away, and the love Jesus poured out inside my heart was amazing as it moved from being divided to whole, making the pain of life's reality not only bearable but overcomable.

From my own personal experience and that of all the people I have walked with over more than forty years in ministry I would offer this advice—don't quit!

When it hurts—press on.

When it seems hopeless—try again.

Steve Fair

When you are sure you're right—accept that you might be wrong.

When you hate yourself—know Jesus loves you.

When you feel all alone—remember God never leaves us.

And above all else know that in Christ Jesus we have an eternity to live in Love.

This walk inside myself has made all the difference in my life and the lives of those I love. I encourage everyone who begins this road to the healing of a divided heart to keep their eyes on Jesus, the author and finisher of their faith, and to endure the pain of the challenge as unto our Savior Jesus Christ, enjoying each step of revelation and healing along the way as a true gift from God.

— **Pastor Walt Caughel**
Christians for a New Tomorrow Church

Introduction

One of the most graphic pictures painted for us in the whole Bible regarding relationship is that of the prophet Hosea being told by God to go marry a prostitute. God knew that she would leave him time and again and that Hosea would not only have to chase her down but would buy her back out of his own resources. This relationship was a symbolic picture of how we leave God and He continues to pursue us at great cost to Himself. Can you imagine being Hosea? This relationship between Hosea and his harlot wife, Gomer, was to be a sign and a symbolic picture to the people of Israel of who God is and who His people had become.

“When the Lord began to speak through Hosea, the Lord said to him, ‘Go, take to yourself an adulterous wife and children of unfaithfulness, because the land is guilty of the vilest adultery in departing from the Lord.’” So he married Gomer daughter of Diblaim, and she conceived and bore him a son” (Hosea 1:2-3).

God described His people and the state that they were in further in this book in the Bible, but He specifically says in Hosea 10:2 that they had “divided hearts.”

“Their heart is divided” (Hosea 10:2 KJV).

Their hearts were divided because, like Hosea’s wife Gomer, they wanted God, but they also wanted their other lovers, which were the

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other gods and idols of their day. They wanted to do things God's way, but they also wanted to do things their own way. They wanted God's love, protection, and provision, but they wanted to get these same things from other idols in their lives too. God called the division of their internal thinking a "divided heart," and He showed that their decisions and choices to do things their own way instead of God's had detrimental results in their lives. Their ways were unstable and inconsistent, and as we see in Gomer's life this ultimately led to emptiness, depression, and deep inner dissatisfaction. It's interesting to note that the consequences of their divided hearts are still the things so many struggle with today!

This divided heart problem is a big one, and we need some understanding of how the divided heart works if we are to live life to its fullest as Jesus instructed in John 10:10. My guess is that your heart, like mine and like those of the Israelites of that time, is divided too! God's goal is the same today as it was then. His aim was to pursue true love relationships with them by breaking off their unfaithfulness to other gods. They were being unfaithful to Him by "cheating" on Him just as Gomer cheated on Hosea. She rejected Hosea and ran to her other lovers, just as the Israelites turned their backs on God and ran to the altars and images of their other gods.

*"Their heart is divided; now shall they be found **faulty**: he shall break down their altars, he shall spoil their images" (Hosea 10:2 KJV).*

God found them guilty of cheating on Him. He was confronting them and telling them that they were wrong. God disciplines those that He loves (Hebrews 12:6). He had been watching them and seeing the wrong path that they were headed down, and He was ready to intervene. Why did He choose to have Hosea go through all of this heartache? Why did He confront the Israelites and find fault with them? He was still in love with His people even after they went astray, and He wanted them to have a human example to illustrate that His heart felt the same way that ours does when it is betrayed.

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He was longing for His relationship with them to be restored, and He wanted His unfaithful wife back despite the fact that she (Israel) was breaking His heart! He is still longing for this today. He wants us to say, “I will come back to You, God.” He knows that there is no true fulfillment in anything else that we have been chasing after other than Him.

“She will chase after her lovers but not catch them, she will look for them but not find them. Then she will say, ‘I will go back to my husband as at first, for then I was better off than now’” (Hosea 2:7).

With this prophetic backdrop, you are about to take a journey through the recesses of your own self to see where your heart is divided and what idols and altars you have built there. Rest assured, God’s purpose was to bless His people in Hosea’s time, and His purpose today is to bless and free you too. He just had to call them out of their double-minded, divided lives and into the life of freedom that He had created for them. He described how He wanted to bless them in Hosea 2:8-23 where He revealed His true heart, which was to provide everything they needed. Everything? He wanted to give them hope, real true love, compassion, protection from harm, safety, and security too. Read through those verses and you will see it is so.

My hope is that you will find all of these things and more as you read this book. This book is written for those who need and want true relief from the emotional pain that they carry (and this applies to all of us) and for those who work with those in pain. This book is for those who are pursuing their healing from the emotional damage of this world, especially those who have struggled with depression, anxiety, relational issues, anger, fear, trauma, and heartache. You may find out a lot about yourself as you read the following pages. You most likely will find out that you have false gods, idols, and altars in your life too, just as the Israelites did.

Our idols may not be actual little wooden carvings or altars where we give animal sacrifices as they did, but our idols may be no less

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powerful in our lives than these were to them. A god, or a “higher power” as secular rehab programs call it, is something we worship, something to which we submit and yield. A god or higher power is something we gain strength from, something we consult for answers, somewhere we look for protection, and someplace, which can be even inside of ourselves, where we find emotional and/or spiritual comfort and peace. Could it be that our culture has led us to a god and taught us a religion, a set of beliefs, and a means of doing life that relies on things that lead us off track—just as it did the Israelites in Hosea’s time? Could this be a core reason why so many are anxious and depressed?

You will read about how today’s idols are more centered around “self” than anything else. “Me” worship is the religion of our day, which is evident in our need for material possessions and constant entertainment, but even more so in the foundational mindsets of self-protection and self-preservation that make us think of ourselves instead of considering others relationally. It is interesting that this “me” worship and its accompanying stance of self-protection is recognized by both psychology and religion as being wholly unfulfilling to the human heart. Both groups know it is one of the root causes of depression and anxiety in our lives. Our self-centered mindsets are best seen in our emotional distancing—from one another and from God; they will be exposed and mapped out in our thinking and on a psychological level in this book. As God did to Israel with Hosea, we will also be confronted by what we read. Our spiritually divided hearts will be exposed as the cause behind our mental health and relational problems. We need new direction in life! We will discuss what a divided heart looks like and offer powerful interventions on how to bring change.

The Journey into the Divided Heart will take you through a beginning inventory of your heart, empowering you to take responsibility and either choose to be your own god, your own protector, and your own peace, or choose Someone bigger than yourself to be your leader. This is where our study of defense

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mechanisms comes to the fore. Though many of us have made idols out of things in our culture—like our jobs, our families, our money, our addictions, even our own self-image—all of us have idols in the form of our own set of defense mechanisms. We will review the psychology of defense mechanisms and share more about their purposes. They are just what they sound like—a defense. They are an internal psychological means of buffering us from feeling emotional pain. Thank God we have defense mechanisms; we need them. They are crucial to functioning successfully in our world. However, an overactive set of defense mechanisms may not just protect us from getting hurt or feeling anything negative; they may actually push us away from that which is healthy and good for us too. We feel protected and safe when we wall ourselves off from the world around us, and in many ways that is what most of us have been doing for years to keep ourselves above the flood waters of despair that this world often brings. Think about it. It was not many decades ago that three to four generations of family would live in the same house. It was not many decades ago that people stopped by each other's houses for a visit unannounced. It was not many decades ago that people lived life together as a community versus our present segregated and independent life of "us four and no more."

Where do we turn when we have problems? What do we do when we have pain and heartache? Where do we seek comfort, security, and peace when life does not go the way we think it should? The human heart has many directions it takes in times of hardship—it runs towards that which brings instant relief, and it often runs away from that which it needs. Its wants and its needs many time contradict themselves and leave it always wanting. What we want emotionally is to feel no pain and be at ease all the time. However, the "dis-ease" of today is greater than ever before because our defenses, trained in denial, have taught us to pursue a lifestyle and a state of being that God wanted for us at the beginning of creation but has long since been lost.

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It is time we saw how our hearts are divided because without an understanding of this we will continue in ignorance, repeating the patterns of our past over and over again. God created our hearts, so much of our discussion about our hearts and the healing of our hearts must focus us on Him and on spiritual issues. Christian and non-Christian readers alike, please stick with these pages! Deny the attempts of your defense mechanisms to cover what the Bible describes as the “*deep waters*” of your heart (Proverbs 20:5) and shield you from the tough spiritual questions that need to be explored and resolved in you so that you can find the truly fulfilling life that you were created to have.