



Restoring the Broken Spirit

Webinar notes 4/3/2025

Activation Exercise:

Close your eyes, take some deep breaths, and ask the Holy Spirit to show you your spirit. What does it look like? What does it feel like? Is it free, or does it feel like it is captive?

Keep this picture and pray into it if necessary. If your spirit feels captive, you know that there are areas that need to be addressed. I encourage you to also watch the webinar on our YouTube channel.

Introduction

Understanding who we are in Christ begins the process of restoring a broken spirit, but that is only the beginning.

I always begin the narrative with who you are, not with who you are not. When we reach the parts that may evoke feelings of inadequacy, I want your first thought to be who you are and that you do measure up as children of God, as His adopted ones in the Beloved, as His inheritance.

Understanding how we live our lives contributes to either healing or brokenness. Our experiences can lead to brokenness, influenced by others and their sins.

A broken spirit begins with a broken heart—the soul shatters. Events occur that hurt us. We know that trauma leaves deep wounds that can lead to fragmentation, and those wounds linger, often feeling as if we are reliving them in the present. This causes us to view life constantly through the lens of wounding—we cannot see the light this way.

What about us and the matters we need to confront in our lives? There are many ways others can break our spirit, but what about how we contribute to that and maintain the brokenness? This will also be considered today.

I believe that if I could choose another title for this, it might have been “Deal with your stuff.” I don’t say this lightly, as some of us face significant challenges, but it remains our responsibility to address them before they paralyse our walk with God and hinder us from reaching where we need to be.

We must confront this stuff, forgive, release, and let go. Engage in the process, seek healing. What is inside you is greater than you realise. It is waiting to be set free.

Those who have attended several of my meetings will know that I always say you have a scroll, and God planned something good for your life before time began. Let me quickly share some scriptures to support this truth.

1. We Were Known Before We Were Born

- **Jeremiah 1:5 (NKJV)**
"Before I formed you in the womb I knew you; before you were born I sanctified you; I ordained you a prophet to the nations."
→ God had a plan for **Jeremiah** before he was even conceived. This applies to us too!
- **Psalms 139:16 (NKJV)**
"Your eyes saw my substance, being yet unformed. And in Your book they all were written, the days fashioned for me, when as yet there were none of them."
→ Before we even **lived a single day**, our lives were written in God's book.

2. God Chose Us Before the Foundation of the World

- **Ephesians 1:4-5 (NKJV)**
"Just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love, having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will."
→ God **chose us** before the world was created and **predestined us for His purpose**.
- **2 Timothy 1:9 (NKJV)**
"[God] who has saved us and called us with a holy calling, not according to our works, but according to His own purpose and grace which was given to us in Christ Jesus before time began."
→ Our calling and **God's purpose for us were planned before time began!**

Jesus also had a scroll or book written for Him. Did you know that?

Psalms 40:7-8 (NKJV)

"Then I said, 'Behold, I come; In the scroll of the book it is written of me. I delight to do Your will, O my God, And Your law is within my heart.'"

Hebrews 10:5-7 (NKJV)

"Therefore, when He came into the world, He said: 'Sacrifice and offering You did not desire, But a body You have prepared for Me. In burnt offerings and sacrifices for sin, You had no pleasure. Then I said, 'Behold, I have come— In the volume of the book it is written of Me— To do Your will, O God.'"

The enemy exploits a broken spirit to extinguish our light and prevent us from becoming who we are in Christ. We possess His light within us. We are light born of light! The enemy's purpose is to dim our light, and if he can, he will seek to halt us entirely.

Scriptures on Light and Life in Christ

The Bible speaks of believers as **light** because we are born of God, the **Father of lights**. Here are key scriptures that emphasise this truth:

God as the Father of Lights

- **James 1:17 (NKJV)**
"Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning."

Jesus as the True Light, and We as Lights in Him

- **John 1:9 (NKJV)**
*"That was the true Light which gives light to every man coming into the world."
(Jesus, as the true Light, illuminates and gives life to all who receive Him.)*
- **Matthew 5:14-16 (NKJV)**
"You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. Let your light so shine before men, that they may see your good works and glorify your Father in heaven."
- **Ephesians 5:8 (NKJV)**
"For you were once darkness, but now you are light in the Lord. Walk as children of light."
- **Philippians 2:15 (NKJV)**
"That you may become blameless and harmless, children of God without fault in the midst of a crooked and perverse generation, among whom you shine as lights in the world."
- **1 Thessalonians 5:5 (NKJV)**
"You are all sons of light and sons of the day. We are not of the night nor of darkness."

3. We Reflect Christ's Light

- **2 Corinthians 4:6 (NKJV)**
"For it is the God who commanded light to shine out of darkness, who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ."

We are **light from Light** because we are born of God, the **Father of lights**, and we reflect Jesus, the **true Light of the world**.

So now you may be asking, if all this is true, then who says we can have a broken spirit? How can your spirit be broken or affected if it comes from God? Perhaps our soul and body can be broken, but not our spirit.

So let us look at what the word says.

Scriptures on Brokenness

A Broken Spirit

- **Proverbs 15:13 (NKJV)**
"A merry heart makes a cheerful countenance, but by sorrow of the heart the spirit is broken."
- **Proverbs 17:22 (NKJV)**
"A merry heart does good, like medicine, but a broken spirit dries the bones."
- **Psalm 34:18 (NKJV)**
"The Lord is near to those who have a broken heart, and saves such as have a contrite spirit."
- **Psalm 51:17 (NKJV)**
"The sacrifices of God are a broken spirit, a broken and a contrite heart—These, O God, You will not despise."

A City with a Broken-Down Wall

- **Proverbs 25:28 (NKJV)**
"Whoever has no rule over his own spirit is like a city broken down, without walls."

This verse conveys that when a person lacks self-control, they become susceptible to attacks—similar to how a city without walls is defenceless. It underscores the significance of guarding one's heart and spirit. Additionally, it invites everything to enter, as no boundary or protective perimeter exists.

Our Key Psalm today is Psalm 51

Please spend some time reading this Psalm and asking God if there is anything He would like to say to you.

Verse 17 forms part of King David's prayer of repentance following his sin with Bathsheba. David recognises that external religious rituals, such as sacrifices, are meaningless if the heart is not genuinely repentant. Instead, God seeks true humility and brokenness concerning sin.

Key Themes in This Verse

1. "The sacrifices of God are a broken spirit"

- In the Old Testament, sacrifices (like burnt offerings) were required for atonement. However, David realises that **true sacrifice** is not just external but **internal—coming from the heart**.
- A **broken spirit** refers to deep humility, sorrow, and repentance before God.
- This means recognising our need for God's mercy and surrendering our pride.

2. "A broken and a contrite heart"

- **Broken (Hebrew: "shabar")** means crushed, shattered, or humbled.
- **Contrite (Hebrew: "dakah")** means deeply remorseful, repentant, or crushed under the weight of sin.
- David is expressing **true repentance**—not just regret for getting caught but deep sorrow for **offending God**.

3. “These, O God, You will not despise”

- Unlike ritual sacrifices, **God never rejects a humble and repentant heart.**
- This is a beautiful assurance that **no matter how far we’ve fallen, if we come to God with true repentance, He will receive us.**

Application for Us

- **God desires true repentance, not just religious actions.**
- When we sin, He calls us to come with a **humble and contrite heart**, trusting in His mercy.
- This verse points to **Jesus’ ultimate sacrifice**—through Him, we find true forgiveness (Hebrews 10:10-14).

Read Psalm 51 - Our plea should be, create in me a clean heart, Lord, and a steadfast spirit.

1. Can We Have a Broken Spirit?

Yes. The Bible acknowledges that people can experience a **broken spirit**, meaning deep inner pain, sorrow, or discouragement.

Scriptures About a Broken Spirit (just to recap)

- **Proverbs 15:13 (NKJV)**
“A merry heart makes a cheerful countenance, but by sorrow of the heart the spirit is broken.”
→ This shows that deep sorrow and grief can **break a person’s spirit**.
- **Proverbs 17:22 (NKJV)**
“A merry heart does good, like medicine, but a broken spirit dries the bones.”
→ A **broken spirit** can lead to emotional, physical, and even spiritual weakness.
- **Psalm 34:18 (NKJV)**
“The Lord is near to those who have a broken heart, and saves such as have a contrite spirit.”
→ God is **close** to those who are broken and contrite (repentant).
- **Proverbs 18:14 (NKJV)**
“The spirit of a man will sustain him in sickness, but who can bear a broken spirit?”
→ A **strong spirit** can endure hardships, but a **broken spirit** can be unbearable without God's help.

Before we discuss what can cause a broken spirit and the signs that it is there, I want to say this:

A restored spirit knows God.

A broken spirit thinks they know God - they do not see God through a clear lens.

2. What Leads to a Broken Spirit?

A broken spirit can come from several causes:

Sin and Guilt

- **Psalm 51:17 (NKJV)**
"The sacrifices of God are a broken spirit, a broken and a contrite heart—These, O God, You will not despise."
→ David's **sin with Bathsheba** led to a **broken spirit**, but he turned to God for restoration.

Deep Sorrow or Grief

- **Lamentations 3:19-20 (NKJV)**
"Remember my affliction and roaming, the wormwood and the gall. My soul still remembers and sinks within me."
→ Jeremiah expresses deep sorrow, which weighs down his spirit.

Prolonged Hardships and Oppression

- **Exodus 6:9 (NKJV)**
"So Moses spoke thus to the children of Israel; but they did not heed Moses, because of anguish of spirit and cruel bondage."
→ The **Israelites** were so broken by slavery that they struggled to believe in deliverance.

Betrayal and Rejection

- **Psalm 55:12-14 (NKJV)**
"For it is not an enemy who reproaches me; then I could bear it... But it was you, a man my equal, my companion and my acquaintance."
→ Betrayal from a close friend **wounded David's spirit**.

Words that Crush the Soul

- **Proverbs 12:18 (NKJV)**
"There is one who speaks like the piercings of a sword, but the tongue of the wise promotes health."
→ **Hurtful words** can break a person's spirit.

So, we have a biblical foundation of what causes a broken spirit. But let us look at it a bit more in-depth.

Signs of a Broken Spirit

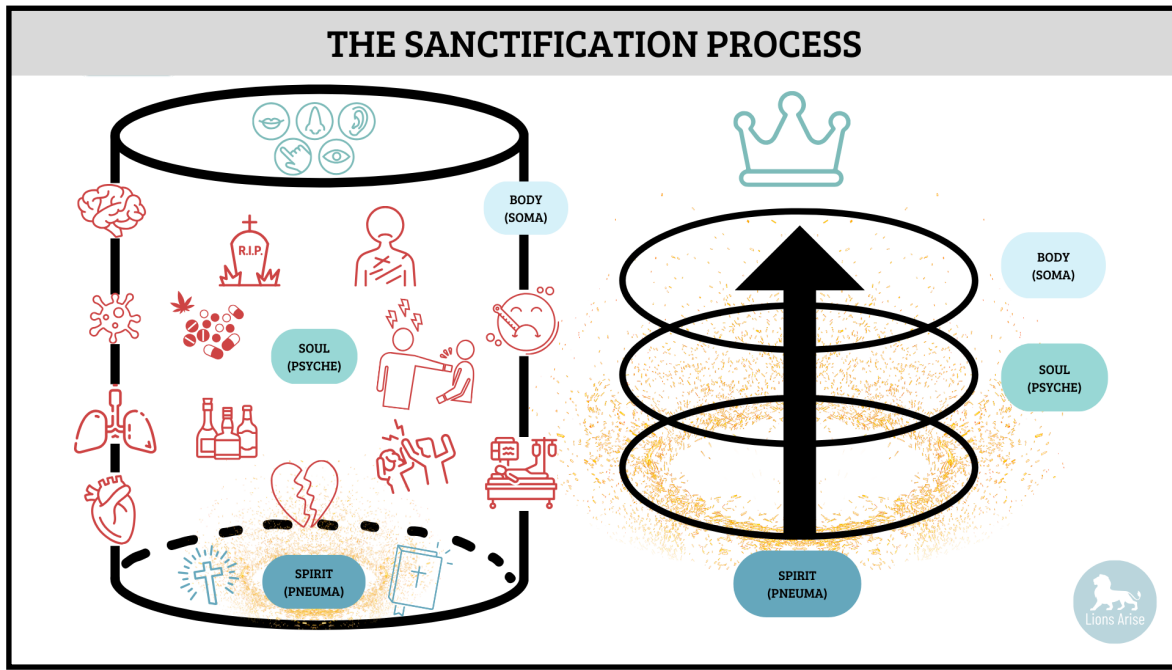
Some signs of a broken spirit are obvious and some are not so obvious. Many ask how do we know if this is a spirit issue or a soul issue. What is the difference - it could just be a broken heart which affects our soul.

My explanation for this is that a soul wound can be repaired by processing it, and once forgiveness is achieved—and if repentance is needed, it is fulfilled—it often clears up quite quickly. When something keeps lingering and does not resolve easily, it penetrates the core of

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who we are. It affects our identity, our worth, and how we perceive ourselves, others, the world and God. This creates a deep spiritual wound and can lead to a broken spirit.

I often use this silo diagram to explain how our spirit can be affected by our life circumstances. 2 Corinthians 7v1 says: *“Therefore, having these promises, beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God”*. This shows that our spirit can be defiled and this can lead to brokenness.



Imagine the human being as a silo structure consisting of three interconnected layers: the body, the soul, and the spirit. In this analogy, the body represents the outermost layer, the soul is in the middle, and the spirit is at the base, initially.

The Body – The Outer Shell: The body is the tangible, physical aspect of our existence. It interacts with the external world through our senses and experiences. It's the outermost layer of the silo, and it often responds to immediate physical needs and desires. When we are physically ill, it will impact our whole system.

The Soul – The Intermediate Layer: The soul encompasses our emotions, thoughts, and consciousness. It acts as the bridge between the physical body and the inner spirit. Our experiences, both positive and negative, shape our souls. It contains our memories, beliefs, and the intricate workings of our psyche.

The Spirit – The Foundation: At the very bottom of the silo lies the spirit, our innermost essence. Initially, it may be overshadowed or suppressed by the weight of worldly influences, past traumas, and external distractions. However, as we set off on our spiritual journey, it begins to rise.

The Sanctification Process

Salvation and Growth: When we embrace salvation and engage in a spiritual journey of spending time with God and in His Word, our spirit awakens and starts rising within the silo structure.

Overcoming Obstacles: As the spirit rises, it encounters the various layers of the soul, including addictions, brokenness, and the effects of past trauma. These are like barriers that must be navigated. Additionally, external factors like sickness and disease can also affect the spirit.

The Process of Purification: Dealing with these obstacles is a crucial part of the journey. It involves healing, forgiveness, and inner transformation. It's part of sanctifying the spirit as it rises through the layers.

Spiritual Strengthening: As the spirit successfully traverses the soul's challenges and maintains its purity, it grows stronger. It begins to exert greater influence over our decisions, emotions, and thoughts.

Reaching the Summit: Ultimately, the goal is to elevate the spirit to the top of the silo, making it the guide in our lives through the Holy Spirit. When the spirit is at the top, it aligns with our deepest values and with God, allowing us to make decisions from a place of spiritual clarity and wisdom.

This analogy illustrates the process of nurturing and elevating our spirit through a spiritual journey. It emphasises the need to address and heal the soul's challenges and deal with external influences as we strive for our spirits to rise up so we can walk in our God-given purpose and our identity in Christ. Our spirit should be free to operate with the Holy Spirit to access our spiritual blessings and resources.

Psalm 40v2 "He also brought me up out of a horrible pit, out of the miry clay, and set my feet upon a rock, and established my steps."

Looking at this from another perspective, we see how as we invest time in our relationship with God, we begin to witness a transformation. It's as if our spirit starts to shine brighter within us, casting this light throughout our entire being. This light, which comes from our connection with God, has the power to dispel the shadows of doubt, fear, and darkness that may have held us back.

As our spirit rises and its light expands, it doesn't stay confined within our innermost being. It is in this process of rising up, our spirit also receives restoration and healing to fully function as God intended it to.

Signs an individual may have a broken spirit:

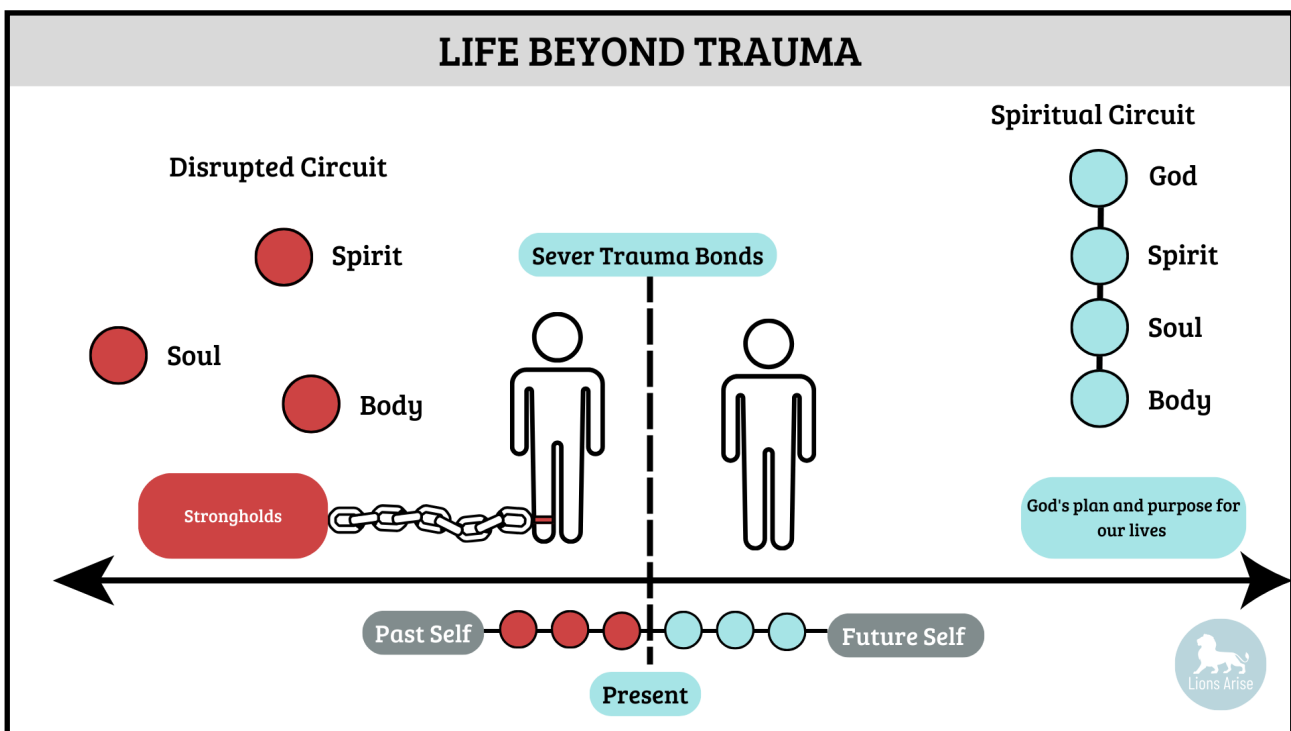
- They possess a distorted perspective of themselves, others, God, the world, finances, and work, etc. Brokenness exists on all levels.
- Orphan spirit - cannot see that God loves them
- Low self-worth, low self-esteem, and lack of self-confidence
- Self-pride, self-righteousness, self-inflation
- Any self-focus that is outside of a healthy view of self can be self-idolatry
- Do not take responsibility for their life.
- Exaggerate problems or overly focus on the issues of others so they avoid confronting their own.
- Those who blame, criticise, and justify often possess a victim mindset. While it is important to acknowledge that there are times when we may be victims, how we respond in such situations remains our responsibility. A victim mindset also cuts to the core of our identity.
- They use grace to shield certain aspects of their lives from addressing sin.

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- Lack of truth leads to believing lies.
- Feel they must "earn" God's love and approval.
- ¹Enmeshment with others - emotions and approval.
- Lack accountability - to take responsibility for actions and decisions
- Failure to thrive, or success that goes to their heads—pride.
- Dimish others so they can feel lifted up
- Can often be Christians who attend church primarily on Sundays but, during the week, fail to maintain a relationship with God and neglect the things of the Lord, such as reading the Word and prayer.
- "God is their lucky charm" - They desire all He offers; when He doesn't, they throw a tantrum, yet they are not prepared to sacrifice much or put in the effort to address their own issues.

Because we do not know God, we do not know ourselves; we do not know our Kingdom identity - who we are in Him. We diminish our worth through diminishing ourselves or others. We need to come to the understanding that everyone has worth.

When we struggle with these things, we end up with a disrupted circuit. I share in my manual, "Take Up Your Space: Life Beyond Trauma." However, I just want to share the diagram I used to show you what this means.



God intended an order in our system. He is the head of our system. Our spirit should take the lead as led by the Holy Spirit. Then our soul should come into submission to our spirit as led by God, and the body comes into submission to a godly circuit or system and, therefore, can be well and whole. When this alignment is corrected, we can move forward into the plans and purposes of God so we can fulfill our destiny scroll.

¹ "Enmeshment can be defined as the experience of confusion of one's separateness from others" and a reduced sense of self and autonomy in relationships (Bacon & Conway, 2023, p. 3596). It also suggests an inability to "fully experience, understand, and value one's own thoughts, feelings, and needs in the context of relationship" (Bacon & Conway, 2023, p. 3596). For more on this visit <https://positivepsychology.com/enmeshment/>.

When we have experienced adverse life circumstances that have affected our system, we end up with a disrupted circuit where there is brokenness, seperateness and fragmentation. We remain tied to the strongholds in our lives, and the enemy capitalises on this. We stay tethered to the past and cannot move on from there. So, we need to sever the trauma bonds that keep us attached to the past so we can move forward.

The Holy Spirit powers our circuit, and when there is brokenness, we cannot receive the power of God fully in our lives to strengthen us and bring us the joy we need.

1 Thessalonians 5:23 says, *"Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ."*

This means that work needs to be done to preserve our system, or spiritual circuit. I elaborate further on this in my manual.

Arise and Shine

The Bible says in Isaiah 60:1: *"Arise, shine; for your light has come! And the glory of the Lord is risen upon you."*

Explanation:

This is a powerful prophetic declaration calling God's people to **rise up and step into their divine destiny**.

- **"Arise"** – This is a call to action, telling us to wake up, move forward, and stand in our God-given identity.
- **"Shine"** – We are to reflect God's light in a dark world. Jesus said, *"You are the light of the world"* (Matthew 5:14).
- **"For your light has come"** – This speaks of **Jesus, the Light of the World** (John 8:12), and the **glory of God being** revealed to us.
- **"The glory of the Lord is risen upon you"** – God's presence, favor, and power are now upon His people.

There is a call to action: rise up, step out of that place, out of the ashes and rise again.

I encourage you to read my blog, Part 1 and Part 2 of *"Aligning with the Elohim Frequency"*. I share a spiritual experience I had with Father God and the light that is within us.

<https://www.lionsarise.org/post/aligning-with-the-elohim-frequency-part-1>

<https://www.lionsarise.org/post/aligning-with-the-elohim-frequency-part-2>

When we deal with the "filthiness" of our flesh and spirit, we can become a pleasing aroma to God. When we carry these things around, it is like a fly that has made the perfume putrid as it says in Ecclesiasties 10v1-3 *"Dead flies in perfume make it stink, and a little foolishness decomposes much wisdom. Wise thinking leads to right living; stupid thinking leads to wrong living. Fools on the road have no sense of direction. The way they walk tells the story: "There goes the fool again!"*

So, it is wisdom to deal with the things we need to so that we can live in the right way and walk in God's way.

If you knew who you were, you would not be wasting time on these things but getting it sorted to get into battle. Some things take longer than others, but we still need to press into wholeness.

Many of you are fighting the wrong fight. You are fighting yourself, your family, your husband, your children, others, and your circumstances, instead of being God's warriors, fighting the good fight of faith, and fighting the works of the enemy. When we cannot let go of things and keep patterns and behaviours in place, we are, in essence, delaying our progress. When we partner with these things, we allow darkness to come in. Some things are just plain and simple sin.

Ephesians 5:11:

"And have no fellowship with the unfruitful works of darkness, but rather expose them."

Explanation:

- **"Have no fellowship"** – As believers, we are called to **separate ourselves** from sin and anything that contradicts God's righteousness.
- **"Unfruitful works of darkness"** – These are sinful actions that do not produce anything good or beneficial but instead lead to destruction.
- **"But rather expose them"** - We are not just to avoid sin, but actively **bring truth to light**, standing against deception and wrongdoing. This is what a Christ warrior does.

Related Verses:

- **John 3:20-21 (NKJV):** *"For everyone practicing evil hates the light and does not come to the light, lest his deeds should be exposed. But he who does the truth comes to the light, that his deeds may be clearly seen, that they have been done in God."*
- **1 Corinthians 6:14-15 (NKJV):** *"Do not be unequally yoked together with unbelievers. For what fellowship has righteousness with lawlessness? And what communion has light with darkness?"*
- **Romans 13:12 (NKJV):** *"The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light." Did you know you had an armour of light?*

Many of us are still on milk, while some are on soft solid foods, but the real deal is meat. Some are still on milk when they should have been on meat long ago. They have been believers for many years but have not allowed the complete work of the cross in their lives.

1 Corinthians 3:1-2 (NKJV)

"And I, brethren, could not speak to you as to spiritual people but as to carnal, as to babes in Christ. I fed you with milk and not with solid food; for until now you were not able to receive it, and even now you are still not able."

Hebrews 5:12-14 (NKJV)

"For though by this time you ought to be teachers, you need someone to teach you again the first principles of the oracles of God; and you have come to need milk and not solid food. For everyone who partakes only of milk is unskilled in the word of righteousness, for he is a babe. But solid

food belongs to those who are of full age, that is, those who by reason of use have their senses exercised to discern both good and evil."

1 Peter 2:2 (NKJV)

"As newborn babes, desire the pure milk of the word, that you may grow thereby."

Colossians 2:13-15 (NKJV)

"And you, being dead in your trespasses and the uncircumcision of your flesh, He has made alive together with Him, having forgiven you all trespasses, having wiped out the handwriting of requirements that was against us, which was contrary to us. And He has taken it out of the way, having nailed it to the cross. Having disarmed principalities and powers, He made a public spectacle of them, triumphing over them in it."

Galatians 2:20 (NKJV)

"I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me."

1 Corinthians 1:18 (NKJV)

"For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God."

When we can digest the meat of the word, we can meet Christ and come to know who we are in Him. By renewing our minds, we must be willing to be conformed to His likeness and image, becoming worthy of our calling. We read in the scriptures from the beginning that speak of us before time began. He destined us to be worthy. It is us who undermine our worth through our thoughts, actions, and responses to our situations, as well as the things we have allowed to linger in our hearts.

Obedience and Submission to Christ

Jesus learned obedience through suffering. He learned as He grew, and He chose good over evil. Maybe He, as the Son of God, had a propensity to choose the right way, but guess what—you have His Spirit, so you have the propensity, too.

How many of us continue doing things we know are wrong? How many of us find it difficult to say no to the things we should refuse? Sometimes, it is not the big issues; it is the small ones. Gossip, little lies, and hidden grievances linger in our hearts. We think no one notices - but God is aware of these things, and so is the enemy. He uses these things as legal loopholes in your life to keep you stuck and broken.

How many of us continue to discuss the problem rather than the solution? By focusing on the problem, you will merely cultivate more of it; instead, let us speak the solution.

Your tongue and prayer are your greatest weapons. What are you using your tongue for? Your voice and words can change atmospheres. You don't need a stage or platform—you just need to speak, declare, decree, and prophesy, and things can shift.

So, consider this: What are you thinking and saying? The enemy can use your words and thoughts as a legal right. Do you realise that you are never alone? Just because you cannot perceive the spiritual realm — though you can if you practice this with God — does not mean that you are alone with your voice and words. A battle rages around you for your soul and

your life. Why are you not in the fight? Why are you allowing yourself to become a prisoner of war due to your actions?

God's calling and gifting are without repentance—they are there for all. Some are chosen or called to manifest and share His wisdom for others in specific ways. But we all have different ministries. We are all ministers of the gospel through our lives, how we live, and what we speak.

A housewife can pray for her nation, for example. You may think you do not have a platform, but you have your daily life as a platform and each day as an opportunity to declare the Kingdom of God on earth as it is in heaven.

If some are called to share God's wisdom, you are called to listen, hear, and act upon it. You are responsible for doing something with it. It is your life; there are no excuses. You will be held accountable for what you know and do not act upon—no blaming or justifying; the truth sets you free. One day, it will be just you before God, answering for your life. Do you think God will tolerate your blaming others?

Moses was chosen out of all the Israelites.

He was the voice of God on the mountain. They all heard the voice of God but did not want to hear it; they were afraid. So, they said, "Moses must go and then come tell them." They did not prepare their hearts to hear. We know that the heart and spirit often overlap in the Word.

As a result, they were separated from God. We must be able to approach God without fear—yes, a reverent fear—but not stay away because of our issues. That is precisely where we need to be.

When our hearts are broken and we once again consider the connection between heart and spirit, we often cannot hear God and sometimes wish to avoid doing so out of fear of what may happen if we do. But God is on our side – He only desires the best for us.

In the tabernacle, there were various courts: the outer, inner, and holy place. Only the priests were allowed in the holy place. Some served in the inner court and some in the outer. The number of people in each court gets smaller until only one is in the Holy place.

Outer courts don't require much sacrifice or death to flesh; they are a comfortable place—it's easier there. However, the closer you want to get to holiness, the more you need to die, sacrifice, and consecrate your life.

This has to be a process. Priests prepare for a year to become priests and must be consecrated to enter that place. Jesus had to prepare for the cross.

God has done it for us all—to give us access to that place—but not all want that, so we will be in outer courts. God has said that we can now access His throne room because of the cross—the veil was removed.

Matthew 27:50-51 (NKJV)

"And Jesus cried out again with a loud voice, and yielded up His spirit. Then, behold, the veil of the temple was torn in two from top to bottom; and the earth quaked, and the rocks were split."

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- The veil in the temple separated the Holy of Holies, where God's presence dwelled. Only the high priest could enter once a year.
- When Jesus died, the **veil was torn from top to bottom**, showing that God Himself removed the barrier between Him and humanity.

Hebrews 10:19-20 (NKJV)

"Therefore, brethren, having boldness to enter the Holiest by the blood of Jesus, by a new and living way which He consecrated for us, through the veil, that is, His flesh."

- Jesus' body was like the veil—through His sacrifice, we now have **free access to God**.

What This Means for Us Today

We **don't need a priest** or sacrifices—we can boldly come to God anytime.

We can **see God's glory** with an unveiled face, growing in His presence.

We are **no longer separated** from God because Jesus made the way.

Psalm 84:10 (NKJV):

"For a day in Your courts is better than a thousand. I would rather be a doorkeeper in the house of my God than dwell in the tents of wickedness."

Explanation:

- **"A day in Your courts is better than a thousand"** – This expresses deep love and longing for God's presence. Just one day with Him is better than a thousand elsewhere.
- **"I would rather be a doorkeeper in the house of my God"** – A doorkeeper was a lowly position, yet David preferred even the humblest place in God's house over a comfortable life in sin.
- **"Than dwell in the tents of wickedness"** – He rejects worldly pleasures, choosing instead to be near God, no matter the position.

Related Verses:

- **Psalm 27:4 (NKJV):** *"One thing I have desired of the Lord, that will I seek: That I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to inquire in His temple."*
- **Psalm 16:11 (NKJV):** *"You will show me the path of life; in Your presence is fullness of joy; at Your right hand are pleasures forevermore."*

How many levels of dying or laying down your life are you willing to embrace? "Lazy" Christians make excuses for why they cannot do certain things or why their lives are a particular way. They are unwilling to put in the necessary effort. Consequently, they remain broken, and their spirits are in perpetual torment or brokenness. Our spirit comes from God and therefore longs for the things of God. The torment comes in being separated from the fullness available in Christ.

This does not mean you need to be in full-time ministry. It means that it has to be a lifestyle! Your life is your ministry. Restoring a broken spirit starts with a lifestyle of humility, obedience and sacrifice. How desperate are you to press into the Holy place, to press into God to deal with the areas of your life.

The head and heart need to align for faith, and the same is true for the things of God. I often speak about the head and heart that need to both be in agreement for something to happen - a head "yes" and a heart "no" won't work. Your heart needs to be prepared - you have to plow the ground.

What you will be in heaven is determined by how you prepare in this life—your robes will look different. Those who have been to heaven have often shared this; not one, but many I have listened to have noted that the garments appear different. Some are coloured, and some are purer white than others.

God gives us according to our deeds.

- **Romans 2:6 (NKJV)**
"[God] will render to each one according to his deeds."
→ God is just and will **reward or judge** each person based on their actions.
- **Proverbs 24:12 (NKJV)**
"If you say, 'Surely we did not know this,' does not He who weighs the hearts consider it? He who keeps your soul, does He not know it? And will He not render to each man according to his deeds?"
→ God knows the heart and will reward **accordingly**.

Jesus' Words on Rewards

- **Matthew 16:27 (NKJV)**
"For the Son of Man will come in the glory of His Father with His angels, and then He will reward each according to his works."
→ Jesus will **reward people based on their faithfulness and obedience** when He returns.
- **Revelation 22:12 (NKJV)**
"And behold, I am coming quickly, and My reward is with Me, to give to every one according to his work."
→ Jesus promises to **reward His followers** based on what they have done.

You must prepare yourselves for heaven - you are here to work it out here on earth. Inside of you is something you were born with waiting to come out - a role you need to play, a function you have.

What is standing in the way? What is your heart's desire? What has come in the way?

Ask God for instructions. What is His word for your life, and how must you proceed? Let Him direct your path. There is a timing for everything, including weapons that He has made available for you - you need to learn to how to use your weapons effectively against the enemy and for the Body of Christ.

Jesus gave me a bow and arrow in a spiritual experience I had with Him, but I have had to learn and practise how to use them. There is also the right timing for the release of these things. We need to wait for God to show us what to do, how, and when to do it.

This happened to me with Take Up Your Space. I wrestled with how to get it out to the world for a long time, until I had to have a sit-down with the Lord in the strategy room of heaven and wait for Him to show me. And He did, though it did not look like my picture.

Gifts and callings will die if you set out before the time - you need to be made ready first. Many of us have a broken spirit because we never waited on God and we got weary and dissillusioned. We didn't wait to hear.

When you speak, you release a sound that carries a frequency; when you bear brokenness, what will your sound convey? The message will be distorted, and you will feel frustrated because there are things in your heart that you know need to happen, yet you have not addressed the distortion within you caused by your "stuff," or the elements that are misaligned with God's Spirit and timing.

I am not suggesting that we cannot minister or begin to operate in our gifting, but it will be less effective because one must carry the sound of God, and He is not broken. Prepare your vessel - restore and rebuild so your city can have strong walls.

Many have grown weary and stepped away, but it is not God's fault; it is our fault because we didn't discern or wait on God to hear correctly. We rushed in, resulting in delay or death.

3. Can a Broken Spirit Be Restored?

Yes! God is the healer of the brokenhearted and can restore a broken spirit.

God's Nearness and Healing

- **Psalm 147:3 (NKJV)**
"He heals the brokenhearted and binds up their wounds."
→ **God is the ultimate healer** of emotional and spiritual wounds.
- **Isaiah 57:15 (NKJV)**
"For thus says the High and Lofty One who inhabits eternity, whose name is Holy: 'I dwell in the high and holy place, with him who has a contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite ones.'"
→ God **revives** and **restores** those who are broken.

The Power of Jesus Christ

- **Luke 4:18 (NKJV)** (Jesus speaking)
"The Spirit of the Lord is upon Me, because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted."
→ **Jesus came specifically to heal broken hearts!**

Joy and Strength Through God

- **Nehemiah 8:10 (NKJV)**
"Do not sorrow, for the joy of the Lord is your strength."
→ God's **joy brings strength** to a weary spirit.
- **Isaiah 61:3 (NKJV)**
"To give them beauty for ashes, the oil of joy for mourning, the garment of praise for the

spirit of heaviness."

→ God **exchanges brokenness for joy and restoration.**

Restoring a Broken Spirit

1. Take responsibility.
2. Repent.
3. Look for patterns.
4. Renounce generational stuff.
5. Forgive and release.
6. Allow God to reveal what is out of alignment - the aspects you may not have noticed at first.
7. Make it right - God, self, and others - return to a union with God and others - brings a blessing.
8. Have the hard conversations if you need to.
9. Forgiveness is not always about reconciling but it releases you.
10. Re-commit your life to God.
11. Ask God to restore you to the first estate, aligning your spirit, soul, and body, and alleviate the effects of a disrupted circuit, such as broken relationships, poor health, lack of finance, etc.
12. The key starting point for healing is renouncing, repenting, and forgiving. We cannot cling to the wounds of the past, whether our own or those of our ancestors, and expect to rise above them.

From the Word

1. **Come to God with a Contrite Heart** (Psalm 51:17)
 - Admit your brokenness and let **God heal you.**
2. **Seek God's Presence** (Psalm 34:18)
 - Spend time in **prayer, worship, and the Word.**
3. **Guard Your Heart** (Proverbs 4:23)
 - Avoid **toxic influences** that break your spirit.
4. **Surround Yourself with Encouragement** (Proverbs 12:25)
 - Connect with **faith-filled** people who uplift you.
5. **Trust in Jesus' Healing** (Luke 4:18)a
 - Jesus is the **Great Physician** for the brokenhearted.

Final Encouragement

If you feel like your spirit is broken, remember that God is near, and He specialises in restoring what is shattered. Bring your brokenness to Him, and He will bring healing, joy, and new strength!

Take Up Your Space - A Call to Action

I want to encourage you to enrol in my course, “Take Up Your Space.” This course will guide you through psychological, biblical, spiritual, and physiological approaches to understanding yourself as a holistic system. Recognising that we are spirit, soul, and body is essential to our healing process, and we cannot solely address one aspect of our system.

This course will assist you in understanding the fundamental aspects of trauma and adverse circumstances, along with how they affect you on all levels. It will illuminate the spiritual dimensions you need to consider when addressing trauma and provide you with straightforward processes to follow. This course will equip you to release the past and embrace the plans and purposes God has for you, enabling you to reclaim your identity in Christ. The enemy targets our identity, the essence of who we are, to ensure that we remain in a state where we do not fully ascend into our kingdom authority and mandate. This is his objective. Therefore, make a decision today to reject this false identity and believe in who God created you to be.

This course will also prepare you to go on to become a Take Up Your Space coach if you wish to take the program to the next level. It will equip you to navigate your own healing journey and help others.

Please visit our website for information and pricing on this valuable course.

<https://www.lionsarise.org/take-up-your-space-courses>

Please feel free to contact us for more information.

info@lionsarise.org

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