

# HEALING FROM A WOUNDED SPIRIT

RC BLAKES

There is a strength inside you—a resilient, animating force the ancient texts call your ruach, or spirit.

It is this inner fire that helps you endure sickness, outlast hardship, and carry the heavy burdens of life.

But what happens when that very source of your strength is itself wounded? What happens when the load-bearing wall of the soul fractures?

## **PROVERBS 18:14**

**The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?**

A broken bone can be set. A sickness can often be healed. But a crushed spirit is a deeper crisis. It is the collapse of the core self, the dimming of the inner light that makes life livable. This wound affects not just what you feel, but your very ability to withstand anything at all.

If you find yourself asking, “Who can bear this weight?”—you are not alone. The path from crushing to healing is not a quick fix, but a sacred journey of rebuilding. What follows is a guide to that restoration, a map for allowing your ruach to be restored, strengthened, and made whole again.

## **1. START WITH HONEST GRIEF**

Don’t pretend you’re fine. Start by sitting with the pain and naming it out loud to God.

(Jesus cried out to the Father)

This is the hardest but most crucial step. Healing cannot begin until you admit how deep the wound really is.

**"We must lay before Him what is in us, not what ought to be in us."  
— C.S. Lewis**

**PSALM 34:18**

**The LORD is near to the brokenhearted and saves the crushed in spirit.**

You bring your unfiltered, broken self to the One who specializes in meeting you in that exact place.

This is the sacred act of lament, where your despair finds a voice within your relationship with God.

**"Tears are the truest form of prayer for those who have come to the end of themselves." — Brennan Manning**

**PSALM 13:1-2**

**How long, O LORD? Will you forget me forever?... Consider and answer me, O LORD my God.**

## **2. REBUILD YOUR FOUNDATION ON SOMETHING SOLID**

A crushed spirit feels like it's standing on sand. You must consciously move it onto the solid rock of God's character.

**"Our worth is not determined by our usefulness to God. We are loved because we are His." — Henri Nouwen**

**PSALM 62:6**

**He only is my rock and my salvation, my fortress; I shall not be shaken.**

This anchoring is a daily discipline of re-telling yourself the truth about who God is and who you are in Him. It is the process of letting His reality become more foundational than your feelings.

Anchor your daily identity in an unchanging truth: "My existence is a gift. I am held by a love that does not fail."

**"God loves you simply because He has chosen to do so. He loves you when you don't feel lovely. He loves you when no one else loves you." — Max Lucado**

#### **ROMANS 8:38-39**

**For I am sure that neither death nor life... nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.**

### **3. CHANGE THE STORY YOU TELL YOURSELF**

Consciously choose a new story: "This pain is a chapter, but it is not the end. The pattern of Jesus promises resurrection."

#### **DEATH - BURIAL RESURRECTION**

Replace the tragic, broken narrative in your head with the redemptive plot of death, burial, and new life.

**"There are far, far better things ahead than any we leave behind." — C.S. Lewis**

#### **REVELATION 21:4**

**He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.**

Your current suffering is real, but it is not the final sentence of your story. You must learn to speak this promise over your life, even as a whisper of faith.

**"God can make a miracle out of your misery, a melody out of your mess, a message out of your mess-up, and a ministry out of your**

**misery." — Rick Warren**

**2 CORINTHIANS 4:8**

**We are afflicted in every way, but not crushed; perplexed, but not driven to despair.**

## **4. LET OTHER PEOPLE CARRY YOU**

You cannot heal in isolation. Fight the instinct to hide. First, let trusted people in.

(Jesus tried to lean on his disciples in Gethsemane)

Healing happens in the safety of community.

**"The church is not a museum for saints but a hospital for sinners."  
— Augustine of Hippo**

**GALATIANS 6:2**

**Bear one another's burdens, and so fulfill the law of Christ.**

The first act of courage is to allow yourself to be helped—to let others pray, listen, and hold space for your pain. This is how you begin to feel connected to life again.

**ECCLESIASTES 4:9-10**

**Two are better than one... For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!**

As you are able, even in a small way, turn your focus outward. A simple act of service or kindness breaks the cycle of self-consumption.

**"Shared joy is double joy, and shared sorrow is half a sorrow." —  
Corrie ten Boom**

The goal isn't to return to who you were, but to become someone new—someone put back together with grace. Your scars become proof not just of the wound, but of the healing.

The final answer to "Who can bear this?" is: You can, because you are not bearing it alone. You are held by God and carried by His people.