

HEALING WRONG: The Proper Healing of a Broken Soul

RC BLAKES

Most people equate “being healed” with the absence of pain. If it doesn’t hurt anymore, it must be healed.

PSALM 147:3 He healeth the broken in heart, and bindeth up their wounds.

EZEKIEL 36:26 A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh.

True Healing is Not the Absence of Pain. True Healing is The Restoration of Function.

To understand the difference, we must look at the physics of a break. When a bone fractures, the body’s immediate goal is to stop the bleeding and cover the wound. But if that bone is not set properly—if it is left to mend without realignment—it will eventually stop hurting. The nerves go quiet. The skin heals over. But the bone remains crooked.

You don’t hurt, but you have lost mobility. You can walk, but you can no longer run. You can lift, but you cannot stretch.

So it is with the soul. You may get to a place where it merely doesn’t hurt anymore, but if you didn’t process the trauma correctly, you are left disfigured. You have lost your flexibility. You are emotionally unavailable. You are incapable of the depth required for healthy relationships. You have healed wrong.

JEREMIAH 17:9

The heart is deceitful above all things, and desperately wicked: who can know it?

If the heart can deceive us about our own condition, we must look deeper than the absence of pain.

A STORY OF CROOKED HEALING

She was seventeen when her father walked out.

He didn't say goodbye. He simply packed a bag while she was at school, and by the time she came home, his side of the closet was empty. The house was quiet. Her mother sat at the kitchen table, staring at a cold cup of coffee, saying nothing.

For three years, she cried. She begged him to come back. She left voicemails that went unanswered. She screamed into her pillow until her voice gave out. And then, sometime around her twentieth birthday, something shifted. The crying stopped.

She stopped checking her phone. She stopped asking her mother if he'd called. She stopped feeling the stab of pain whenever she saw a father and daughter laughing together in a restaurant. She told herself she was fine. She told her friends she was over it. She had healed.

But she hadn't healed. She had merely stopped hurting.

By twenty-five, she couldn't keep a relationship longer than six months. Every time a man got too close, she found a reason to leave. He's too needy. He's too distant. He's not the one. The excuses were endless, but the pattern was consistent: the moment vulnerability was required, she vanished.

She didn't know why. She couldn't connect it to her father. After all, that pain was gone. She had moved on.

What she didn't understand was that her soul had healed crooked. She could function, but she could not bend. She could love, but she could not trust. She had survived the break, but she had lost the mobility required for intimacy. The wound was gone. The limp remained.

Quote: "The residue of suffering could be a painful scar that invades many future conscious moments. This scar takes away hope, crushes trust, and makes you fearful and paranoid." — Dr. Amit Sood, Mayo Clinic

THE MENDING PROCESS

Here is the proper process for mending the soul, mirrored against the medical process of setting a break.

1. THE X-RAY (THE SELF REVELATION)

Before healing can begin, you must go beneath the surface and get a revelation of what actually happened.

You Cannot Set What You Cannot See.

A doctor doesn't treat the bruise; they look at the shadow of the fracture on the film.

You must stop treating the symptoms (anger, numbness, anxiety) and look at the root. You need a moment of clarity—often through therapy, solitude, or honest confrontation—where you see the break for what it is.

You must ask: When was the exact moment I stopped trusting? When did I first feel worthless?

QUOTE:

"This self-aware life does not accept that there is a private world of introspection and a public world of actions. Self-awareness is being attentive to how we relate to ourselves and the outside world." — Friar Christopher Jamison

PSALM 139:23-24

Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.

We must invite the light in to reveal the fractures we cannot see on our own.

2. THE REDUCTION (THE RESETTING)

Once the break is revealed, a skilled individual must help you "reduce" the fracture. This is the painful process of moving the bone back to its original alignment.

You must challenge the lies you built around the wound. If betrayal taught you that "all people leave," you must reset that belief to "an unreliable person left me." This requires a skilled professional (therapist, mentor) or a safe community to gently force the soul back into a position of vulnerability and truth, even when it resists.

JEREMIAH 6:16

Thus saith the Lord, Stand ye in the ways, and see, and ask for the old paths, where is the good way, and walk therein, and ye shall find rest for your souls.

We need a skilled hand to guide us back to the original path, to the “old paths” of trust and vulnerability we walked before the break.

PROVERBS 11:14

Where no counsel is, the people fall: but in the multitude of counsellors there is safety.

3. THE CAST (ACCOUNTABILITY)

A reset bone will not stay in place on its own. It needs external support to hold it steady while the fibers begin to knit.

The cast keeps the break isolated from further impact and prevents you from moving in a way that would ruin the alignment. You must surround yourself with a “cast” of accountability.

- a. Create boundaries that protect your healing.
- b. Report to someone when you want to isolate.
- c. Stay still in a safe environment and refuse to re-enter the chaos that broke you until you are solid.

ECCLESIASTES 4:12

And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken.

This “threefold cord” is your cast—the community that holds you together when your own strength is insufficient.

HEBREWS 10:24-25

And let us consider one another to provoke unto love and to good works: Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another.

4. THE WAIT (PATIENCE)

This is the longest and most uncomfortable stage. The bone is knitting, but it is itchy, uncomfortable, and weak. The temptation is to rip the cast off too early.

You must endure the atrophy. You must accept that you cannot run a marathon while the fibers are reconnecting. You must wait through the discomfort of not being "ready." You cannot date yet. You cannot seek revenge yet. You cannot prove you're okay yet. You must sit in the quiet and let then connection form. Rushing this stage guarantees a crooked heal.

QUOTE:

"Patience means just slowing down at that point—just pausing—instead of immediately acting on your usual, habitual response. Patience has nothing to do with suppression. It has everything to do with a gentle, honest relationship with yourself." — Pema Chödrön

QUOTE:

"Patience involves building emotional skills like being able to sit with feelings of boredom, frustration, and anxiety, along with mindfulness and self-compassion." — Dr. Geoffrey Gold, Psychologist

PSALM 27:14

Wait on the Lord: be of good courage, and he shall strengthen thine heart: wait, I say, on the Lord.

The command is to wait. The promise is that strength comes in the waiting, not in the rushing.

ISAIAH 40:31

But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

5. THERAPY (THE RECONDITIONING)

The cast comes off, but you are not finished. The bone is hard again, but the muscle around it has wasted away. You have healed, but you are weak.

You must now perform specific exercises to regain the range of motion and strength that was lost during the immobilization.

- a. Practice being vulnerable in low-stakes environments.
- b. Exercise your trust muscles.
- c. Learn to communicate again.

This is where you move from “surviving” to “functioning.” If you skip physical therapy, you will walk with a limp forever.

QUOTE:

“Adversity-stimulated growth preserves hope. Such growth doesn’t let adversity diminish the light of compassion within you. One becomes stronger and more resilient to future suffering. Such resilience doesn’t lead one back to just the baseline; it raises the baseline—one grows as a result of the tumble.” — Dr. Amit Sood, Mayo Clinic

HEBREWS 5:14

But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil.

Strength comes by use; we must exercise our renewed soul to grow.

PHILIPPIANS 4:13

I can do all things through Christ which strengtheneth me.