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--Soul Peace.7 - -

Soul Dumping

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We have talked about the importance of dealing with our own soul's thoughts, feelings, and emotions. That is still a crucial work that we must do. But let's widen this picture to include soul dumping from another. It isn't always our own soul with which we are dealing.

Soul dumping may seem to be a strange topic, but it is so very common. We were created to be in relationship with others in our family, our Church, our community, our state, our country, and our world. And others can hurt. Here are a few examples.

For starters, there are hurts that are obvious. The story of David the King is a good example. He was the youngest of seven brothers. As a lad, he was assigned to live out in the field watching the family sheep while his three oldest brothers were men of stature in King Saul's army.

The Lord did not consider the appearance or height of these brothers when he looked for a king to succeed Saul. The Lord looked at the heart. And the Lord sent Samuel, the prophet, to anoint David as king in front of these warrior brothers at a town sacrificial feast. From the moment that Samuel anointed David, the Spirit of the Lord came upon David in power.

David now had the Lord's authority to be king. However, there were many years of hardship between the anointing and the kingship. The Lord had to grow David into being a king. But the anointing settled the matter, and was of crucial importance. An anointing was very rare, and carried great weight with it.

Did his seven older brothers honor David as their ruler, and did they celebrate this momentous occasion with their brother? As often happens, they did not. In their next encounter with young David visiting them at the battlefield, they put him down. David was surprised that all of King Saul's army was afraid of the giant Goliath, including his own brothers.

Connecting the soul (the intellect, will, and emotion) with Biblical Truth and psychological knowledge.

Integrating the soul with body and spirit for peace in all areas of life - -business,  
Personal, marriage, family, and relationships.

***"Not by might, nor by power, but by my Spirit, says the Lord of Hosts."  
Zechariah 4:6***

But David had learned how to deal with this kind of jealous putdown [soul dumping]. He addressed them. He didn't allow them to take him off task. He went on to kill Goliath, and Israel won the battle with the Philistines. You can read the full story in the Bible for yourself in the book of I Samuel, Chapters 16 and 17.

Now, let's look at soul dumping that is more subtle. Proverbs 23:6 and 7 has interesting instruction. It says, "Do not eat the food of a stingy man, do not crave his delicacies; for he is the kind of man who is always thinking about the cost. 'Eat and drink,' he says to you, but his heart is not with you." That is subtle because the person is acting like they are a friend, but are not; they are saying one thing but you are feeling something different.

Or in another instance, a person says something very cutting with a smile, yet shrugs it off with, "I am joking." Proverbs 26:18 and 19 says that this is like shooting firebrands or deadly arrows into you. In other words, God considers this behavior to be character assassination and murder.

And finally, let's look at an even more subtle situation. Let's take a day in which you have felt together. You have had a good day. You have been able to focus and finish the work that you needed to do. You have a sense of accomplishment. Then all of a sudden you feel overwhelmed with inadequacy, shame, guilt, confusion, and self-doubt. You question if you are able to finish the day. One minute you were OK; the next you were not OK.

Many times someone around you is unconsciously pushing away their own uncomfortable thoughts and feelings of inadequacy, shame, and guilt. This dump lands on you because you are near. It hits so quickly and is so encompassing, that it feels like it is your own. But it is not. You have been dumped on.

How do we deal with all of these types of soul dumping? First, we need to monitor our reactions when we are around people that hurt us. When we are able to step back and look at the situation from a distance, it is easier to come back to our 'right mind'.

When we are alone, the first thing we need to do is give back the soul dumping to the one that hurt us. But we do so only by cleaning it up through the Blood of the Lord Jesus Christ. Real healing can only come through the Blood of Jesus. And we want a full healing for ourselves.

To do this, we say to the Lord. "Lord, In Jesus Name I give this horrible feeling and these cutting words back to who ever dumped it on me, but through Your Blood cleaned up. Now, Lord, fill me with Your healing presence". Please note: we may say this in our head, or we may say this out loud, but we never say it to the dump-er.

This is a spiritual transaction that can be felt physically. Afterwards, we may feel more balanced, or more together, or more like ourselves again.

The second thing we do is to forgive them for the hurt, in Jesus' Name. We must also be watchful around them. Then we must be better prepared to give it back the next time we have such a sudden change in our day. Over time, we can be aware of those who tend to make us feel this way, and we can begin giving stuff back sooner. The more anxious and tortured that person may be who is soul dumping, the more times we will have to give it back in a day.