



Devotional Study Guide Journal



January 8th

Trigger Point Therapy

My dear friend, Janet, heard that I was having extreme pain after a car accident and offered to help me by using trigger point therapy for which she was a licensed provider. In abbreviated terms it is the process of putting gentle pressure on stressed muscles to release muscle tension and restore normal blood flow. This alleviates pain and improves movement. It was new to me, but I consented and was helped greatly.

After years of being estranged from Christ because we were trying to accomplish what He'd already died to give us (Gal. 5:4) via performing "spiritual disciplines," we were devastated. We felt distanced from God and even though we understood the theology that God loved us, we didn't feel His love for us. My husband even felt that God was ashamed of him as if he was an unloved child.

When we finally realized that we had taken a devastating work-based turn in our walk with God, there were many areas of our lives that were tied in endless knots that we didn't even know needed to be healed. Then God got to work in our hearts, minds, and beliefs. Little by little, He began to untie hundreds of little knots within us. He would point to a treasured or tightly held belief we held dearly and then encouraged us to search Scripture in that area. When we learned the truth, we were set free. But the process was difficult because God often pointed out beliefs we held dear—those we had been taught by our parents or by ministers of God whom we loved and respected.

Hebrews 12:11

For the moment, all discipline seems not to be pleasant, but painful; yet to those who have been trained by it, afterward it yields the peaceful fruit of righteousness.

The Hebrew Christians to whom this passage was written, needed discipline in the form of correcting their beliefs and their behaviors. Some of them were tempted to return to temple worship after having been set free from it when they received the true sacrifice—Jesus. This

discipline was not pleasant but painful because they had previously cherished the entire law above all. Now, they were being asked to forsake the shadow Christ and cling only to Christ.

I was raised in the church and there were many practices which I assumed were scriptural which were not. Both of us had been taught and had taught many things which were based on tradition or Christian consensus. We didn't know it, but these errors left us tied in hundreds of knots, and the removal of them was painful.

Each time God corrected and instructed us AND we received the correction by repenting of our former beliefs and embracing the truth set out in Scripture, the knots released and we felt new freedom in our relationship with Him. God's correction/discipline always yields the peaceful fruit of righteousness.

How we thank God for this spiritual trigger point therapy. He has healed us almost entirely, but now and then, He will point out something that needs to be healed, and oh, what a relief it is.

❖ If you ever feel a distance from God or question His love for you, ask God to open your eyes to any belief you currently hold that might be preventing you from the freedom He DIED to give you. Specifically, in what ways are you trying to live up to religious expectations to improve your relationship with God? Write some thoughts here.

❖ If you want to dig deeper, consider reading [Are We Preaching "Another" Gospel by C. D. Hildebrand](#) or one of the many books on this website on the [Resources page](#). If you prefer a video presentation with notes, watch the series ["Do You Know How?"](#) on this Website under the SGF Teaching tab.

