



## PENNIES, NICKELS, DIMES AND QUARTERS!

Does it seem that pocket change could have anything to do with one's healing journey? Probably not, but it does!

What happens when a child swallows a penny? Does the penny digest like food digests? No! The truth is: when a child swallows a penny, the acid in his stomach does not have the capability of breaking down the penny to digest it because *the penny is not designed to be digested*. Instead, the penny is carried around inside his stomach until it eventually ends up in a diaper or a toilet. Sometimes the penny gets stuck and surgery is needed to uproot it so it can come out! Whenever and however the penny does come out, it is in full penny form. It is important to understand the simple truth that *the penny comes out because it is something else, separate from the child*.

As people travel through life, they often experience challenging, difficult and painful situations, events and relationships. In the same way that a child swallows a penny, one can swallow hurt(s) which lurks in the midst of those situations, events and relationships. Yes, one may swallow, or take in, specific hurts (junk, as I often call it) like rejection, fear, terror, abandonment, accusations, condemnation, confusion, betrayal, shame and more. Like a penny, a single hurt (i.e., rejection) is an entity that is its own, separate being. Yes, *the hurt, like the penny, is separate from the person; it is something else*. And, like the penny, *the hurt is not designed by God to be digested or even dissolved* because pain does not have the capability to digest and dissolve. And, just like a penny can get stuck inside and needs surgery, hurt can get stuck inside of a person, needing the Holy Spirit's surgery.

Here is an example. In the case of fear, people say, "I'm afraid," attaching the fear to themselves as if it is a part of them; yes, even as if it *is* them. Therefore, they think, or are unconsciously thinking, that there is no choice, no option, but for that fear to remain inside of them. They think they cannot get rid of the fear. They are actually stuck in it. Or they think that if they can just have *more* faith, the fear will subside, only to feel guilt and accusation that they are lacking in faith, when fear is still felt. But, just like the penny, *the fear truly is separate; yes, a separate entity from the person. It is something else*. And like a penny, when that fear is swallowed, it cannot be digested or dissolved. The fear stays in its original form and it starts to live and operate inside, sometimes causing anxiety, panic or other pain. Unfortunately, it often begins the destructive path of making our decision(s). (All too often, whether it is fear or other junk, *we carry junk in our trunk and we are sunk!*)

You see, junk does not *come from* God, nor is it *in* His kingdom. It comes from Satan's kingdom. In order to bring change, however, we can train ourselves to picture the junk as a weighty coin with "fear" written on it, or "rejection," or "shame"! You name it, for yourself! Too often we swallow and are stuck lugging around weighty coins that carry no value and sink us into discouragement, depression, weakness and more. But because those weighty coins are separate from a person, they can and will come up and out when a person experiences the Holy Spirit's surgery by *applying the Gospel Process through his God-given, God-ordained authority!* Even if the junk has been stuck inside for most of one's life, and maybe since being in his mother's womb, it can come up and out.

While we work on getting the weighty pennies, nickels, dimes and quarters from our past out of our trunk, we can learn to not take in *new* coins during life's hardships, trials and challenges. This entails

learning to identify *what specific sin and pain is lurking*. And it also entails over and over acknowledging that sin and pain are *something else, separate* from us, as we feel it lurking around us. In addition, we can speak out that we *do not want to take it in* because we do not want to have to deal with it when it becomes stuck, sinking us back into the pain and sin! As we feel the junk, we can little by little, learn to enforce our authority over it and put it away to its burial plot where Jesus buried it. Unfortunately, we do swallow or take in new and weighty coins. Yes, in our humanity, we will. But we can do something about it. Yes, we can get rid of them! Indeed, we can learn to do the following: to *identify* the specific pain or sin, to be *aware* that it is inside, to see it as *separate* from ourselves, to know that it *does not belong* in us, to *not focus* on it, to *not wallow* in it and certainly to *not nurture* it. ***Instead of saying, "I'm afraid," we can say, "I just swallowed fear!"*** In saying that, one is declaring, "fear you are not me; I am not you; you are separate from me." Over and over declaring in that way, can train us to both think differently and deal differently with junk so that we will not be deceived so easily. And whenever we get tired of carrying that junk in our trunk, because we know that we are on our way to being sunk, *we have the choice and option* to enforce our authority and put it away to its burial plot! ***This, my friends, is living out the power of the Gospel of Jesus Christ every day!***

And last, when we think about and/or encounter a person whom we think or actually is involved in evil or hurtful or abusive attitudes, actions and behaviors, we can see the junk and sin operating inside of them as separate from the person. Yes, *picture the sin and junk as weighty coins, separate from the person God created*. This will empower us to gain victory!

Yes, we can put away sin and encumbrances (weights/pain/junk). We can then fix our eyes on Jesus and consider Him, so we can be filled with and led by His Spirit, His peace, His joy and more! (See Hebrews 12:1-3.) Yes, we do not have to allow the defeat of "sin doing it," which is sin ruling over us, as Paul shared in Romans 7:15-21! Yes, we can enforce our authority and send it all to its burial plot!

## **HALLELUJAH!**

### **What is taught in this illustration truly is Good News:**

We can get the pain and sin of our past out of us, because *it is separate from us!*

We do not have to take in pain and sin, because *it is separate from us!*

But when we do, there is a pathway out, because *it is separate from us!*

And, we can *see people separate* from their evil, hurtful, abusive (sinful) attitudes, actions and behaviors

## **CELEBRATE THE GOOD NEWS!**

If you want more information concerning how you can learn to apply and experience the *Gospel Process* for victory, contact:

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This is an illustration supported by Romans 7:15-21 and Hebrews 12:1-3 as taught in Chapter 6 of *Awakened to Life Within, Getting Out and Staying Out of Pain, God's Way*. Copyright 2017 by Linda S. Ingham of Life Awakening. All rights reserved.