

The Deborah Report

Pacifier Pinch



As I sit here at my desk preparing to write to you, my eye falls on the baby pacifier that sits there. It causes me to smile, as I remember the day the Lord gave me a Word about pacifiers. I keep this one on my desk as a reminder.

The Lord had called us to a time of fasting. The first month of the year was to be a dedicated time of fasting and seeking the Lord. And that's how the pacifier ended up on my desk. *"What," you're probably wondering, "does fasting have to do with a pacifier?"* Quite a lot, as it turns out. Bear with me while I explain.

Having begun the fast, I was studying the Word of God, and I came to realize that often the Bible uses the phrase 'afflict your souls' interchangeably with the word 'fasting.' It became apparent that one of the main reasons for fasting is to **press on the soul**. Strange, don't you think? It seems like going without food is about pressing on the body. However, after only a few short days without eating, it became obvious that my soul was the part of me that was the most affected! Indeed, I felt pressed on and most definitely afflicted. Oh, poor me! I can laugh at myself now, but at the time it wasn't the least bit funny. The longer I went without eating, the less my body complained, but the louder and louder my soul (my mind, my will, and my emotions) complained within me.

That's when the Holy Spirit began to deal with me about pacifiers. I came to realize that fasting--afflicting or pressing on the soul--is about taking away the pacifiers that we use to quiet the discomfort of a distressed soul. It's similar to quieting a baby with a pacifier. If the baby is

fussy, we insert the pacifier to offer comfort and silence the wailing. If our soul is distressed because of fear, unresolved anger, grief, resentments, bitterness or any number of other ailments, we offer bodily comforts to temporarily soothe the ache in the soul. Perhaps that's why certain foods are called 'comfort foods.' They're the things that subconsciously speak of comfort to us, so we turn to them when we are stressed, upset, or just worn to a frazzle. So, fasting = no food = no comfort = afflicting or pressing on the soul, with the point being to uncover the real need in our hearts.

In other words, rather than bury our distresses under layers of carnal comforts, not the least of which is food, we choose to face the things in ourselves that we are less than happy with, maybe even ashamed of, or things that we have been unwilling to acknowledge. Harvey calls it *'sorting out your stuff.'* So, in actuality, fasting is all about pacifiers--all the different things we turn to distract ourselves from inner distress, like T.V., food, novels, sugar, video games, munchies, sports, etc. Just like a pacifier, these things are not harmful in and of themselves, but when they are used instead of real nourishment, they can be a real problem! If we begin to try to substitute the pacifiers for the real answers our souls need, the inner distress just builds over time, and we need more and more artificial comfort. If we keep the cries of our souls pacified, we can stifle the voice of conviction, the voice of spiritual hunger, and deprive ourselves of the motivation to seek real comfort where it can truly help and heal!

Certainly it is not that God wants us distressed and without comfort. After all, one of the names for the Holy

Spirit is Comforter! The point is, He wants us **free of the distress**, not simply pacified in it. If the inner dis-ease is not problematic enough, there is another reason to get it sorted out. You see, the things that we are dealing with ourselves are very things vulnerable to the enemy. It is in these unresolved or bruised areas that the enemy plants seeds of dissent that he can capitalize on. Over time, these seeds sprout into unholy weeds that begin to claim territory in our hearts--territory that the enemy can use to exploit to his gain and to our detriment! When the enemy exploits our stuff, it's like transforming a peaceful walk on a sandy beach into trying to navigate through a sandstorm. Circumstances that should be under our feet are instead stirred up to swirl all around us, bringing mental and emotional turmoil and obscuring our view of anything except the relentless, stinging sand.

"The things that we are unwilling to deal with in ourselves are the very things that make us vulnerable to the enemy."

"Then I proclaimed a fast there, at the river of Ahava, that we might afflict ourselves before our God, to seek of him a right way for us, and for our little ones, and for all our substance." (Ezra 8:21) So, in it all, when I look at the pacifier on my desk, I am reminded that pacifiers are of little help in sandstorms! The bottom line is that I would far rather press on my soul to find out where there is a 'wrong way' that will inevitably become a problem. I want the 'right way' not only for me, but like the scripture above says, for my little ones--my family--and for all my substance. The 'wrong way' weeds of the heart make a way for the devil to try to do his "steal, kill and destroy" thing, not only to me, but to my family and all that concerns me!

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Having completed the fast, I can now testify! Yes, there were moments, days, when I longed for a Dairy Queen pacifier, but instead the Lord and I got some excellent gardening time in weeding out my heart. And there is peace...like a river. The weeds spring up so subtly, and choke out the peace so gradually, and there are so very many pacifiers. But God, **"the Lover of your soul and my soul"** is calling us to Himself for a bit of gardening. Because He has His eye on the harvest that will come from your soul. Remember what the scripture says in 3John, verse 2, **"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."** And that is my prayer for you, too. Because I have come to understand that the harvest in your life circumstances is absolutely linked to the garden of your soul! †

Deborah

As always, I am so grateful for your faithful support!

2018 Schedule

**February 25 - Family Worship Center
Boissevain, Manitoba, Canada**

**March 1 - Circle C Ranch
Bismarck, North Dakota**

**May - Follow Up Leadership School
Uganda/Tanzania**

**June 30 - July 3 - College Heights Assembly of God
College Station, Texas**

**July 7-9 - Gateway Church International
Roswell, New Mexico**



Deborah Ministries International ministers in response to Isaiah 61:1, "The Spirit of the Lord GOD is upon me; because the LORD hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound."

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