



Provisions of Grace
Outreach and Ministry

BIBLE STUDY LESSON

THE HEALING IS GREATER THAN
HOW YOU GOT HEALED

Chris Badenhorst



missions
cβBadenhorst



Provisions of Grace

Outreach and Ministry

Originally Presented at the:

Conference on Contemporary Christian Spirituality

Andrew Murray Center for Spirituality, Wellington, South Africa

27 August 2024





CHRIS BADENHORST



**THE HEALING
IS GREATER
THAN HOW
YOU GOT HEALED**

**(THIS IS WHAT JESUS
DEMONSTRATED)**

**SO DON'T REJECT
THE HOW**



CHRIS BADENHORST



INTENTION FOR THIS LESSON:

- Deconstructing some of our religious programming to un-limit our healing journey.
- Taking the worry out of “pleasing” and “appeasing” God, and allowing the Lord to meet you where you are.
- Focusing our energies on the healing without worrying or wasting energy on “not upsetting” God.
- Eliminating “Christian” guilt and condemnation to embrace your own unique healing journey.
- Seeing how Jesus demonstrated that we each have our own journey into healing; one that He meets us, and guides us in.



CHRIS BADENHORST



INTRODUCTION:

- My name: **Chris Badenhorst**
- Born in South Africa, but grew up in the States (Dallas, Texas).
- Repatriated back to South Africa in 2016. The Lord put on our heart to do Outreach, Mission, and Ministry.
- My passion is for Healing—setting people free (often from themselves). As I do the same for myself, I share in my life-journey of healing in hopes it helps others avoid what I went through, to not repeat what I did, or to overcome.
- I also help run a Non-Profit Independent School in South Africa that I co-founded: *Crosspoint Academy – Strand*.



CHRIS BADENHORST



MY LIFE BACKGROUND:

- Impact from the womb: my dad wanted a girl.
- The youngest of three boys (I became very observant).
- Abusive dad (mentally, emotionally, physically, and sexually).
- Never felt free to be myself (or know who “myself” was); as I’ve come to realise the survival programming in me set forth by our family dynamic—i.e., the trauma that developed in me.
- My dad then “concluded” my Trauma by dying in front of me.
- Church upbringing (including by my stepdad) reinforced the home environment with their own spiritual abuses (doctrines / dogma / Law)—this “God is going to get you” weeded in me into my late 30’s.



CHRIS BADENHORST



(2023-10-04)

Chris, Your pain and trauma
won't go to waste. I will never let
it be for naught. - The Lord



CHRIS BADENHORST



We can get trapped
by that which
at one time
kept us safe

(an aspect of
Complex Trauma)



CHRIS BADENHORST



(2023-10-06)

My being, my make-up, my personality type, has strengths that benefit me, life, and others around me.

Even if I feel like I don't want it (in parts or as a whole).

And because I always seemed to hate myself (knowing my limits, burdens, and restrictions), I felt I needed to be someone else (strive to be someone else).



CHRIS BADENHORST



MY PROGRAMMING (NATURE / NURTURE):

- I feared emotions, and therefore “blocked them”; always with a longing that I could be a Vulcan.
- I never felt I fit in anywhere, or wanted to fit in anywhere—even though I longed for connection.
- My traumas / Trauma manifested physically in my jaw.
- I had self-critical body issues.
- Shame and Guilt were my normal.
- And again, now moreso, from my step-dad, had that “thou shalt not sin” ideology. Now doubling-down on me as a hormonal and rebellious “rebel without a clue” teenager. *“No sex (you’ll go to Hell), nor sex thoughts, nor sex feelings”.*



CHRIS BADENHORST



(2024-01-20)

The **fawning** that helped keep me *safe* from abuse as a *child*, became the **fawning** that helped get me abused as an *adult*.



CHRIS BADENHORST



Question:

What are some of the things in your upbringing that have shaped, but “trapped” you—in whichever parts of your being (physically, mentally, emotionally, spiritually, relationally, intimately, trustingly, fearfully, etc.)?



CHRIS BADENHORST



**I can never
disappoint God.
That's how much He
Loves me!**



CHRIS BADENHORST



MY RELIGIOUS DECONSTRUCTION:

- At 38-years old, learning of a God that was not my dad (or my step-dad)—but a Father, and what a Loving Father actually is: Safety.
- Letting go of the “sinner saved by grace” mentality.
- Getting Baptised in the Holy Spirit.
- Actually walking into the Throne Room.
- Question everything I heard from the pulpit; with the Holy Spirit guiding His Word for me.
- Openly communicating with the Lord.
- The Lord with me here, without needing to go to Them.



CHRIS BADENHORST



Question:

Do you ever (have you ever) felt you disappointed God?

Have you questioned the religious connotations you were taught / raised in?



CHRIS BADENHORST



*Jesus came to
set us free from the
things we didn't know we
needed freedom from.*



CHRIS BADENHORST



MY HEALING JOURNEY:

- Meeting my then future wife who pushed me into healing
"Um, you know you had a Traumatic childhood right?"
- Learning about emotions at almost 40 years old.
- Acknowledging the anger issues and dad-programming.
- Getting married.
- Having a child.
- Continuing with Counselling, Psychiatry, Psychology, Medication, and endless Journaling.
- Traumatic Divorce.
- Embracing healthy Psychedelics and other spirituality.
- Learning of and appreciating my NeuroDiversity.



CHRIS BADENHORST



Question:

What situations (or people) in your life have created (or started) healing in your life?



CHRIS BADENHORST





CHRIS BADENHORST



MY NOW HEALING JOURNEY:

- Having all the rest of my Strongholds exposed through a Traumatizing divorce.
- From it, learning about the depth of my Childhood / Complex-PTSD by re-experiencing a new Complex-PTSD to relive my Childhood one, with a Child myself.
- Understanding how Co-Dependency, Fawning, and People-Pleasing create an even greater detriment to life and relationships (even though they naturally “felt right” as stemming from my childhood survival response).
- Openly exploring what I forbid myself in my “religious years”, and the different ways to bring the healing.
- Making sense of why I have always felt “different”.



CHRIS BADENHORST



Question:

What life-events have forced your healing (deepening of your healing)?



CHRIS BADENHORST



(2023-12-16)

The greatest freedom
is the *freedom* from
one's own self.



CHRIS BADENHORST



MY SHARING:

- Knowing so much more about me, the heartache I have endured, and the Love that has multiplied in me, I have a compassionate desire to share:
 - What I went through.
 - What I learned about me.
 - Discovering the me to “Just Be”.
 - The how I am healing.
 - The religious Deconstruction I’ve done, and what Relationship with the Lord is for me now.
 - How I long for you to be free as well.



CHRIS BADENHORST



Question:

What is something that has changed in you since healing?



CHRIS BADENHORST



(2023-10-17)

God is NOT *looking*
for a way to *justify*
Himself killing you.



CHRIS BADENHORST



*Boundaries
only exist because
of Imperfect love.*

*There are no
Boundaries with
God*



CHRIS BADENHORST



I. TOPIC:

We want to delve into our own personal healing without fear and worry in our relationship with the Lord.

Yes!, the Lord is SAFE, even when we make mistakes.

This has been a huge step for me to overcome; as I've never felt free to make a mistake.



CHRIS BADENHORST



(2021-05-05)

Often, we seek a spiritual connection.
But one that is distant and void.
Because we are too afraid to connect
with an intimate God, blocked from the
hurts we have experienced in the
intimate relationships of childhood,
family, friends, and loved ones. Even
the hurts we blame on the Lord too.

Intimacy is why we need to view Him as
Father (truly Loving and approachable).



CHRIS BADENHORST



Question:

Are the experiences in your life reflected in an impersonal relationship with the Lord (God the Father, Jesus the Son, or the Holy Spirit)?

If the Lord was truly safe for you, how would you approach:

- God as a *Father* (parental figure)?
- Jesus as your *Older Sibling*?
- The Holy Spirit as your *Psychologist / Counsellor*?



CHRIS BADENHORST



**We have never been
alienated or an
enemy of God. Ever!
We only imagined
we were in our own
thoughts and mind.
Colossians 1:21**



CHRIS BADENHORST



Question:

What does it mean that we only imagined we were enemies to God?



CHRIS BADENHORST



Chris Badenhorst

13 Jul 2015 · 

No matter how unpurposefully we try to avoid Him & hide from Him, the Lord truly never leaves us nor forsakes us. He was, is, and will always be by our side, whether we feel like He is, or even when we don't want Him to be...regardless if the cause is from our fear, shame, hurt, or just our misunderstanding of Him. He Loves us so much, He will never let us go!



CHRIS BADENHORST



Question:

Can you picture yourself visiting God in His Throne Room as:

- An adult-to-adult conversation?
- Freely dancing?
- Sitting on His lap or resting against His side?
- Just being in the Room with Him as you played on the ground by His feet?

Are any of those things something you wished you had with your parent(s)?

Can you see the Lord standing by you right now?



CHRIS BADENHORST





CHRIS BADENHORST



(2024-05-31)

Christ came to abolish religion
"*once and for all*"; demonstrating
that relationship in freedom is all
it has ever been about.

Yet, somehow, *church* made an
anti-religion (Christianity) into a
religion. *Like, WTF!*



CHRIS BADENHORST



Question:

What did religion look like in Jesus's day?

- What does religion look like to you today?

Is religion (or your "relationship" with Him) draining to you?

- What does a draining relationship in your life look like?

Is your relationship with the Lord only through the Bible?

- What did Jesus's relationship with the Lord look like?



CHRIS BADENHORST



**Sin really is not an
issue with God!
Why do we
remember sins
when He doesn't?
What part of "He
remembers no
more" do we doubt!**



CHRIS BADENHORST



Who changed after they sinned, Adams or God?

God never changed because they sinned—only humans did. This is the deception (the sin-conscience) that gaslights us into believing (unbelieving) that we are less-than because of our imperfections, mistakes, and sins. Literally, we must stop believing God is “for whatever reason” upset with you (or anyone else).



CHRIS BADENHORST



Question:

Do you find yourself changing if you make a mistake—that you don't feel safe or feel you let someone/yourself down?

How have you seen gaslighting change or confuse you about yourself or your relationship?



CHRIS BADENHORST

(2015-10-06)

You and I truly are valuable in the Lord's eyes. And because we are, when we look at ourself, we need to see 'me' as valuable and precious as well.

He sees you as a precious pearl of great price and a treasure in a field [Matthew 13:44-48]. Our Father traded His Son to gain the pearl and treasure we are. That's how much He values us: He ransomed His Son on a Cross for me, for you, for everyone--to set us free!



CHRIS BADENHORST



Question:

Are you valuable in your own eyes?



CHRIS BADENHORST



(2023-10-06)

My being, my make-up, my personality type, has strengths that benefit me, life, and others around me.

Even if I feel like I don't want it (in parts or as a whole).

And because I always seemed to hate myself (knowing my limits, burdens, and restrictions), I felt I needed to be someone else (strive to be someone else).



CHRIS BADENHORST



Question:

Which areas of healing in your life have created a confidence in you of yourself?

Do you find yourself changing to adapt to others in unhealed areas of your life?



CHRIS BADENHORST



(2034-02-04)

Sometimes our greatest enemy, curser, hater, and abuser is ourselves.

Love You.

Bless You.

Do Good to You.

Pray for You.



CHRIS BADENHORST



Question:

"But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you." (Matthew 5:44)

- Can you do that to yourself?



CHRIS BADENHORST



Learning to let go of my
past imperfections.
While also learning not
to hold others to the
same unattainable
perfections
I place on myself.



CHRIS BADENHORST



Question:

Would not needing to be “perfect” or “good enough” bring freedom in your relationships—and with God?



CHRIS BADENHORST



(2024-05-31)

Who were the *sinner*s according to Jesus: the Pharisees.

Who were the *sinner*s according to the Pharisees: everyone but themselves.

Religion hates.
Jesus Loves.



CHRIS BADENHORST



II. BIBLICAL REFLECTIONS / READING:

- Our Labels (from Others and Ourself).
- Our Personal Healing Journey (with Criticism).



CHRIS BADENHORST



(2024-02-03)

The Lord doesn't promise
us **freedom** from *others*,
The Lord promises
us **freedom** from *ourself*.



CHRIS BADENHORST



Jesus Freed the Woman from her Labels

John 8:2-11 (NKJV)

Now early in the morning He came again into the temple, and all the people came to Him; and He sat down and taught them. 3 Then the scribes and Pharisees brought to Him a woman caught in adultery. And when they had set her in the midst, 4 they said to Him, "Teacher, this woman was caught in adultery, in the very act.

5 Now Moses, in the law, commanded us that such should be stoned. But what do You say?" 6 This they said, testing Him, that they might have something of which to accuse Him. But Jesus stooped down and wrote on the ground with His finger, as though He did not hear.



CHRIS BADENHORST



7 So when they continued asking Him, He raised Himself up and said to them, “He who is without sin among you, let him throw a stone at her first.” 8 And again He stooped down and wrote on the ground. 9 Then those who heard it, being convicted by their conscience, went out one by one, beginning with the oldest even to the last.

And Jesus was left alone, and the woman standing in the midst. 10 When Jesus had raised Himself up and saw no one but the woman, He said to her, “Woman, where are those accusers of yours? Has no one condemned you?”

11 She said, “No one, Lord.”

And Jesus said to her, “Neither do I condemn you; go and sin no more.”



CHRIS BADENHORST



For the “Woman Caught in Adultery”:

- *Jesus Never Judged, Condemned, nor Criticised her.*
- *Neither did He point out the sins of the accusers.*
- *Jesus Freed the Woman from her Labels (Identity as an Adulteress).*



CHRIS BADENHORST



(2021-06-14)

The 'woman caught in adultery' was labelled by others (and herself)--an adulterer in her own identity.

Jesus told her not to sin again.

By saying this, He gave her authority.

She hadn't realized it (and that label) was a choice before.



CHRIS BADENHORST



when
our
faith
gets
in
the
way



CHRIS BADENHORST



“The Man Born Blind (Who “Sinned”)?

John 9:1-7;28-34 (NKJV) {PoG}

Now as Jesus passed by, He saw a man who was blind from birth. 2 And His disciples asked Him, saying, “Rabbi, who sinned, this man or his parents, that he was born blind?”

3 Jesus answered, “Neither this man nor his parents sinned, {irregardless of that} the works of God should be revealed in him. 4 I must work the works of Him who sent Me while it is day; the night is coming when no one can work. 5 As long as I am in the world, I am the light of the world.”



CHRIS BADENHORST



6 When He had said these things, He spat on the ground and made clay with the saliva; and He anointed the eyes of the blind man with the clay. 7 And He said to him, “Go, wash in the pool of Siloam” (which is translated, Sent). So he went and washed, and came back seeing.

28 Then {the Pharisees} reviled him and said, “You are His disciple, but we are Moses’ disciples. 29 We know that God spoke to Moses; as for this fellow, we do not know where He is from.”



CHRIS BADENHORST



30 The man answered and said to them, “Why, this is a marvellous thing, that you do not know where He is from; yet He has opened my eyes! 31 Now we know that God does not hear sinners *{this man’s perspective, not God’s}*; but if anyone is a worshiper of God and does His will, He hears him *{again, this man’s perspective, not God’s}*. 32 Since the world began it has been unheard of that anyone opened the eyes of one who was born blind. 33 If this Man were not from God, He could do nothing.”

34 They answered and said to him, “You were completely born in sins, and are you teaching us?” And they cast him out.



CHRIS BADENHORST



As relating to the “Man Born Blind”:

- *Your Healing Journey May ‘Feel Stupid’ to You, or ‘Look Stupid’ to Others.*
- *Other’s May Still Want to Label You (Their Own Judgment).*
- *Other’s May Criticise or Condemn Your Journey (and You).*



CHRIS BADENHORST



(2021-03-14)

Healing
is the ultimate goal,
not *forgiveness*.



CHRIS BADENHORST



(2024-06-04)

Your *identity* is not the
label you've been *given*.

*(Whether someone placed that label on
you, or that you placed the label on you)*



CHRIS BADENHORST



III. RELATED VERSES AND QUESTIONS:

- A. What labels, judgments, and criticisms do you place on yourself for the “who, what, when, where, how, why, and what-if” of yourself—or others. And then the fear and distance it can create by your own perceptions of how others maybe perceive you. If someone Loved you so unconditionally that it never created a single hesitation or fear in you, would you not thrive and strive in that relationship. And what if that also meant that no one would hold judgement on you later, that you could rest in the safety of your own person / being; as well as with God.



CHRIS BADENHORST



Chris Badenhorst

28 Dec 2015 · 2

The way God sees you is the same way He sees Christ Jesus right now sitting next to Him in Heaven.

1 John 4:17b

...because as He (Jesus Christ) is, so are we in this world.



CHRIS BADENHORST



1 John 4:17-18 (ICB) {PoG}

If God's love is made perfect in us, then we can be without fear on the day God judges us. We will be without fear, because in this world we are like him. 18 Where God's love is, there is no fear, because God's perfect love {*unconditional Love*} takes away fear. It is punishment that makes a person fear. So love is not made perfect in the person who has fear {*because that person has not yet understood / tangibly experienced unconditional Love*}.



CHRIS BADENHORST



Love
changes
those
who
want
love





CHRIS BADENHORST



(2023-07-22)

I can only love you in the limits you place on that love (and vice versa).

In that: I can show you love, be love, express love, share love, embrace love, demonstrate love... but until you (the other person) accepts that love, that love will always be limited--not a limit by the person giving the love, but a limit by the person receiving the love (blocking that reception of it).



CHRIS BADENHORST



Question:

Have your experiences of “love” in this world come with fear, punishment, and torment?

Why do you think God then “loves” in the same corrupted (conditional) love as unhealed humans?



CHRIS BADENHORST



Tomorrow
is another day
that I get
to show you
how much
I Love you

- The Lord



CHRIS BADENHORST



B. Our “conditional-love” programming keeps us in that “sinner saved by grace” (less-than) attitude. If we really held true that, right now, regardless of anything about me, that God (a Loving Father) treats me and sees me as Christ Jesus, our load would be so much lighter. Before Jesus did anything in His ministry to “prove Himself or His ministry”, the Father told Him what He tells you:

Mark 1:11 (CJB)

Then a voice came from heaven, “You are my Son {*my Child*}, whom I love; I am well pleased with you.”



CHRIS BADENHORST



Find how I Loved
you yesterday, and
take it into today.
Watch how I Love
you today, and
remember it for
tomorrow.

– the Lord –



CHRIS BADENHORST



Question:

If we are as Jesus, what did the Father say about Him, that He then says about you?

Do you really believe He is pleased with you (knowing everything you know about yourself—whether that be true or not)?



CHRIS BADENHORST



(2023-10-04)

Don't abandon your healing journey because the anxiety is too much, or the progress seems to not be manifesting.

To cut and run may give some resolve to the pain of transformation, but the journey to where you are will only have to repeat.

The immense pressure to quit means the breakthrough is at the door. In just a bit, you will get to open it and welcome the change you deserve.



CHRIS BADENHORST



C. Since the Lord's pleasure in you is not dictated by you needing to "please" Them, our focus can be solely on our own healing journey—all the strength and effort of healing not wasted towards God. For it is the Lord that longs for you do dismantle all those "unhealed" parts of you that keep us stuck and in repeat (our strongholds). Does that mean we are obligated to change? No. And we will never fully "get there" (hence why our new body at the end). But there is a saving of your life now that you do deserve; to make your life in the here-and-now that much freer and Life-filled.



CHRIS BADENHORST



And each one of us comes with our own “baggage” that creates a unique healing journey (even if some parts and experiences are shared amongst others). Discover in yourself what you have been saved from, are being saved from, and can be saved from (i.e., saved from yourself). This is what it means to “work out your own salvation”:



CHRIS BADENHORST



**working out your
"own salvation"
to be free from
who you were
into who you are**



CHRIS BADENHORST



Philippians 2:12b (NTFE) {PoG}

Your task now is to work at bringing about your own salvation; and naturally you'll be taking this with utter seriousness {with fear and trembling}.



CHRIS BADENHORST





CHRIS BADENHORST



Question:

When you push into an area of healing, how much “fear and trembling” (anxiety) does it bring up in you, that become a resistance to the change you seek and deserve?

Can you “Take that Risk and be Free”?



CHRIS BADENHORST



*Jesus didn't deny
His emotions.*

*We shouldn't be
told to either.*





CHRIS BADENHORST



D. What happens when we heal (when we work-out our salvation) in a specific area of life is that you save your soul from that emotional upheaval (soul-sacrificing / soul-sucking / soul-draining programming). This “saving of your soul” is not just that “new body” we’ll eventually get, but a now-saving. What Christ Gifted us is the ability to overcome, including providing us with His Faith—a Fruit of the Spirit ([Galatians 5:22-23](#)).



CHRIS BADENHORST



All that Faith is, is: **The Manifestation of God in your life.** You can also interpret that as “the manifestation of those healthy parts of your life”. To sometimes do the opposite of our unhealthy, we just have to use (discover) Him through us until that healthy becomes natural to us. That healthy is the “revelation of Christ” as us (us as Christ). And when it becomes natural to us, we have saved our soul from the torment that is being “unhealthy”.



CHRIS BADENHORST





CHRIS BADENHORST



1 Peter 1:6-9 (AMP) {PoG}

In this you rejoice greatly, even though now for a little while, if necessary, you have been distressed by various trials, 7 so that the genuineness of your faith, which is much more precious than gold which is perishable, even though tested and purified by fire, may be found to result in [your] praise and glory and honour at the revelation of Jesus Christ. 8 Though you have not seen Him, you love Him; and though you do not even see Him now, you believe and trust in Him and you greatly rejoice and delight with inexpressible and glorious joy, 9 receiving as the result [the outcome, the consummation] of your faith, the salvation of your soul {G5590: *Psuchē*}.



CHRIS BADENHORST



**God does not test us as to
whom we are in this world.**

**It's the world that tests us
against whom we are in Christ.**

James 1:12-17



CHRIS BADENHORST



(2017-12-09)

Just because you see God in your trial, does not mean He put you there. And just because you learned something out from your trial, doesn't mean God wanted you there.

God will always lift you out of what the world tries to bury you under; always being there wherever you are.



CHRIS BADENHORST



Question:

What internal / self-afflicting soul-torment is happening in you now that you desire saving in?

What have you been hesitant to journey into for fear you don't (or have been told that you don't) "have enough faith"?



CHRIS BADENHORST



**QUESTIONING THE LORD IS NOT
A LACK OF FAITH, BUT A
TRUSTING BELIEF THAT HE WILL
PROVIDE IN YOUR TIME OF NEED**



CHRIS BADENHORST



*Freedom to exist
as you are,
with the same
Freedom to change
who you are*



CHRIS BADENHORST



E. For our healing, we often need to correct that part of us that has been broken (or not even nurtured in us)—even negatively nurtured (being handed-down iniquities). When we learn, discern, and delve into healing a part of us, a revelatory moment is often when we find freedom from a revealing / understanding of the truth of the matter.



CHRIS BADENHORST



For some, just maybe learning that all those misunderstanding and troubles you faced as a child was not because you were “naughty” or “broken”, but because you were maybe Neuro-Diverse (ADHD / Autism Spectrum), or Dyslexic, or Traumatized (PTSD / C-PTSD). You don’t take it as a “negative diagnosis”, but as an “ah-ha” moment that puts your life into perspective. It might not be the diagnosis that sets you free, but the truth about the misconceptions (removal of the placed / self-inflicted labels on you) that sets you free (from the diagnosis).



CHRIS BADENHORST



(2024-05-25)

Freedom from the things
you don't *realise* are
keeping you from Freedom.

*That is the deception
of our programming.*



CHRIS BADENHORST



John 8:32 {PoG}

You will know it is the truth, when, that truth that becomes known to you, sets you free.



CHRIS BADENHORST



*Don't let someone
else's perception of you
define your identity*



CHRIS BADENHORST



Question:

What revelations of truth about you or someone has set you free from yourself or that other person?



CHRIS BADENHORST



**When the growth
pains are too much,
know that the
harvest will be
greater.**



CHRIS BADENHORST



F. Once we get free, we are so free that we may inherently know we could never go back to what was (whether in our own self, or to others). Does that mean we won't get triggered, or relapse into our former "normal" (for me that People-Pleasing and Fawning)?

No. Sometimes, the healing feels so hard, it is almost like, "hey Lord, couldn't you have just 'left me in Egypt'..."?



CHRIS BADENHORST



For Disciple Peter (with his Jonah-Persona) struggled with God's Grace on people he (like Jonah) felt didn't deserve it; as such got pulled back into his former religious groups. For us, even if we do get caught up again in our old "comforts" (which actually kept you "enslaved"), the Lord understands all the why's of it, and doesn't condemn you—how much freedom is there in knowing that.



CHRIS BADENHORST



(2023-10-06)

The Lord is always trying to work on your limits... either removing the limits that keep you from being free, or establishing the limits needed to keep you safe.

Whether what was programmed in you, what your personality is, what you were born with, or what you believe.

All while the flesh is trying to keep you from changing.



CHRIS BADENHORST



Galatians 5:1 (NIV)

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.



CHRIS BADENHORST



(2023-11-20)

We are all
vessels of healing
for one-another





CHRIS BADENHORST



Question:

Have you found times when having been triggered, that you inadvertently responded in “old habits”?

Do you have safe people in your life that can lovingly call-out those times you harken back to those “old habits”?



CHRIS BADENHORST



(2023-07-23)

For the Law was given by Moses, but
grace and truth came by Jesus Christ.
- John 1:17

We can't find grace or truth through
Moses or the Law.

The only accurate representation of the
Lord is who Christ Jesus demonstrated.
If grace and truth had come from the
Law and Moses, the Lord wouldn't have
needed Jesus.



CHRIS BADENHORST



G. This freedom and truth that sets us free, whether personal or of the Lord, has a litmus test. There's a lot of "truths" out there, especially of God. Remember: Moses brought the Law; Grace and Truth came through Christ ([John 1:17](#)). There isn't Love in the Law, for they are stone tablets of death ([2 Corinthians 3:6-7](#)). So, if what you are learning about God does not manifest and multiply Grace and Peace in your life, then question that quote-unquote "truth". *Sadly, even misinterpretations and mistranslations in the Bible enforce a false "truth" of God—engraining in us a fear of God, not Love.* Grace and Peace are multiplied in you with the [correct] knowledge of who God is.



CHRIS BADENHORST



**God doesn't destroy us,
He destroys that which
doesn't belong in us**



CHRIS BADENHORST



1 Corinthians 3:16-17 (KJV) {PoG}

Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?

17 If any man defile the temple of God, {this, *the defilement* ([G5126](#))} shall God destroy; for the temple of God is holy, which temple ye are.



CHRIS BADENHORST



Chris Badenhorst

30 Apr 2018 · 2

If the knowledge of God and Jesus you have does not bring you Grace and Peace, then it is not the correct knowledge of Him.



CHRIS BADENHORST



2 Peter 1:2 (AMPC) {PoG}

{Grace} (God's favour) and peace (which is perfect well-being, all necessary good, all spiritual prosperity, and freedom from fears and agitating passions and moral conflicts) {is} multiplied to you {with} [the full, personal, precise, and correct] knowledge of God and of Jesus our Lord.



CHRIS BADENHORST



(2023-11-20)

You'll know it's the Truth,
the moment you feel Free.



CHRIS BADENHORST



Question:

What have you “known” about God (The Lord as a whole) that never brought you Grace and Peace?



CHRIS BADENHORST



(2023-08-27)

Don't let all the **examples** of *marriage, relationship, and child-rearing* in the **Bible** confuse you for it being God's way.

Remember, just because it is in the Bible does not mean it is *of God* (or an accurate **representation** of God).



CHRIS BADENHORST



H. This can be confusing, because everyone seems to have their “own interpretation” (and Bible translations) of the Lord (*myself included*). But so much of what I “knew” then, I have come to reject—because I falsely saw myself as that lowly “sinner saved by grace”. That is NOT how the Lord sees me! So, then, what changed? Well, for me, the Baptism of the Holy Spirit was key to “interpret the spiritual by the Spiritual” ([1 Corinthians 2:10-16](#)). And with Him, from a perspective of “I am already pleasing to God”, my whole filter on scripture was removed (I was unveiled) ([2 Corinthians 3:14-18](#)). This verse is a key:



CHRIS BADENHORST



2 Timothy 2:15 {PoG}

When you study the Word of Truth, to correctly discern what it says, you must understand that you are already approved unto God; and a labourer that has absolutely no reason to be ashamed!



CHRIS BADENHORST



(2024-03-31)

Let's **purge** from our thinking and believing the dead works of: we *owe* God, must *please* God, need to *appease* God, or have to keep *asking for forgiveness* from God.

How much more shall the blood of Christ, who through the eternal Spirit offered himself without spot to God, purge your conscience from *dead works* to serve the living God?

- Hebrews 9:14



CHRIS BADENHORST



Question:

How often has scripture been used to shame you; how often do you see 'Picket Signs' of "truth"; and how many people (yourself even) have been Bible-thumped into unnecessary "obedience" and "right-living"?

How can you change your perspective of yourself, and of the Lord, to no longer "waste energy" on trying to get God's approval (feel approved)?

How has this "approval" played out in your life growing up, that applied to God?



CHRIS BADENHORST



The Bible...

**It's not about
how much you read it;**

It's about HOW you read it.

Read it in Love ❤️



CHRIS BADENHORST



Chris Badenhorst

23 Oct 2016 · 2

God Never Fails!

And nothing can separate us from His Love. So no matter where we are in life, no matter how we are feeling, no matter the place, time, mindset, or heart conscience, we can be confident He has not turned His back to me (us), or is any farther from us.



CHRIS BADENHORST



(2016 / 2023-09-02)

Let us embrace the *variety* in
which the Lord demonstrates
His over-abundant *Love* to us!



CHRIS BADENHORST



CONCLUDING REMARKS:

So, what can bring you healing?

Discover that journey with the Lord (making it a personal, intimate, and vulnerable relationship with Them) and embrace Them and the journey... even if you have pre-programmed fears of something as I did.

Remember, this is your unique personal journey; as such, you may be healing INTO an area of life that someone else is healing OUT of. Allow that for them and for yourself—even meeting in the middle to share where each of you have come from, to where the other is going.



CHRIS BADENHORST



(2016-10-06)

We all are more alike than we often want to admit. My emotions are the same as yours, the same struggles, worries, fears, hardships, heart, mind, thoughts, hurts, and pains. We share the same strongholds in this life. It is only our reactions to those same root causes that differ. This is why we can't judge one-another.



CHRIS BADENHORST



Explore some of these things “churches” oppose: go do yoga; go explore psychedelics in a safe and/or supervised healing environment; eat more / eat less / eat different (let the Holy Spirit guide); retrain your being about sex (from that purity narrative culture or abuse); is exercise for you healthy or is it unhealthy; put up a boundary (Jesus had boundaries—for they are needed in this world where we don't all unconditionally love / having unhealed parts of us); take down some of those walls you've put up to survive (be vulnerable, for *Vulnerability = Confidence*); for some, you need to stay in bed and take a day off / for others, just getting out of bed is a huge success (be proud of that). Find you!



CHRIS BADENHORST





CHRIS BADENHORST



Where are you?

Let yourself heal into the area you deserve freedom in! And let the other person have the freedom they need and deserve (even if it goes against “something in you”). We all deserve that “freedom for freedom’s sake” in our lives—the world is already too much as it is.

Yes, we can share our journey, and be supportive of their unique journey in safety.

This is LOVE.



CHRIS BADENHORST



(2023-08-27)

Learning to love / be loved without the programmed need to have a façade.

Nor having to do things a way someone else says they should be done.

That it's ok to present (show) myself as incomplete, broken, or continuing to discover my healing.

And finding people who share in that.



CHRIS BADENHORST



Jesus never condemned someone for where they were in their life. And do you think He was hanging out in all the fine-dining places, and basement pubs "preaching" to people to not be there?

No, He enjoyed the same things they we are doing, and showed them that they didn't need to change to earn approval—they were accepted because of Love (a demonstration of God as Love by Jesus's just being with them)—something religion despises (as demonstrated by the Pharisees).



CHRIS BADENHORST



Anxiety
is often
just the
flesh
resisting
the move
of God
healing





CHRIS BADENHORST



So if your Healing Journey takes you down a path your programming (or someone else's dogmatic / finger-pointing / picket-sign programming) objects too, let THEM sort out their own path to healing. Focus on yours. And if that means pushing through my own discomfort, I know that "on the other side of that fear / that anxiety" is freedom.



CHRIS BADENHORST



Anxiety is an invitation
to rewire (retrain and
re-parent) your brain.

Push through the fear
and the unknown.

Use tools you never
thought before.

Embrace the journey.

And find the healing
you deserve
(always deserved).





CHRIS BADENHORST



Let's let go of the guilt and condemnation if it means your healing requires: Doctors, Psychiatrists, Psychologists, Spiritual Healers, Crystals, Psychedelics, Plant Medicines, Medication, Tantric Practices, Nature, Naturism, Breathwork, BWRT, TRE, Meditation, Yoga, Retreats, Festivals, Group Sessions, Tattoos, Piercings, Art, Music, Books, Memes, Apps, or anything else.



CHRIS BADENHORST



How many of those has a church "poo-poo'd" and told you they are evil / demonic.

For, if it brings healing, that (because its healing), is of God—"a kingdom divided cannot stand" ([Mark 3:23-27](#)).

So be free to heal, utilising that "saved energy" that was futilely used in trying to please a God that is already pleased with you!

Wouldn't it be so much less burdensome if we could "just be"?

Ask yourself: "If God was not 'in my way', how would I heal?"—because, He actually is not in your way.

Go heal!



CHRIS BADENHORST



**THE HEALING
IS GREATER
THAN HOW
YOU GOT HEALED**

**(THIS IS WHAT JESUS
DEMONSTRATED)**

**SO DON'T REJECT
THE HOW**



CHRIS BADENHORST



And, God Bless (as He always does).

For further insight into this; into my overall healing journey, and into my relationship with the Lord, refer also:

- www.ProvisionsOfGrace.blogspot.com
Trusting the Father – Bible Study Lessons
- www.cBadenhorst.blogspot.com
Pendulum Learning
If It's in The Bible?
Misunderstandings and Misinterpretations



CHRIS BADENHORST



Chris Badenhorst

Thank you Lord for all the people You bring to see us through our lives.



CHRIS BADENHORST



PayPal Giving Fund





CHRIS BADENHORST

