

Created for Love

Renouncing the Lies Trauma Formed
and Returning to the Love of God

You were not created merely to survive. You were not created to live numb, guarded, bitter, afraid, or trapped inside the pain that happened to you. You were created for love: to receive the love of God, to remain in His love, and to walk in love by His Spirit.

But trauma teaches the heart to survive. When love is broken, when covering fails, when people are used, abandoned, rejected, abused, or betrayed, the heart often forms lies around the wound. Those lies can become false agreements that quietly shape how a person sees God, themselves, others, and love itself.

This study is about bringing those lies into the light, renouncing them before Jesus, and letting Him restore the heart back into love. But the lie is not the only thing that must come into the light. The trauma beneath the lie must also be faced with Jesus, felt honestly, processed before Him, and surrendered into His hands.

This is not done by human striving, pretending, burying pain, or acting healed. It is done by truth, surrender, healing, and the life of Christ within you.

1. You Were Created for Love

God is not merely loving as one trait among many. God is love. Love existed in Him before creation, before marriage, before family, before any human relationship was formed. When God made mankind in His image, He created people to live in love, receive love, and reflect love.

1 John 4:8 WEB - "He who doesn't love doesn't know God, for God is love."

Matthew 22:37-39 WEB - "You shall love the Lord your God with all your heart, with all your soul, and with all your mind... You shall love your neighbor as yourself."

John 15:9 WEB - "Even as the Father has loved me, I also have loved you. Remain in my love."

Love is not just affection. Love is the life of God working in a person. It is holy, truthful, faithful, sacrificial, patient, and life-giving. Love does not use people. Love does not manipulate. Love does not make another person responsible for healing what only God can heal.

2. Love Is Not Transactional

God's love is not a trade. He does not love only when He gets something back. He does not love because we are useful, impressive, easy, healed, or able to repay Him. God loves because He is love.

Transactional love says:

- I will love you if you meet my need.
- I will stay if you make me feel safe.
- I will give if you give back.
- I will serve if I am noticed.

- I will forgive if I get what I want.
- I will love if it costs me nothing.

But covenant love is different.

Covenant love is not selfish need wearing the language of love. It does not turn people into medicine, saviors, shelters, idols, or emotional payment. It loves because love is its nature.

Romans 5:8 WEB - "But God commends his own love toward us, in that while we were yet sinners, Christ died for us."

1 John 4:19 WEB - "We love him, because he first loved us."

1 Corinthians 13:5 WEB - love "doesn't seek its own way, is not provoked, takes no account of evil."

This does not mean love has no boundaries. True love does not call evil good, tolerate abuse, excuse sin, or remove wisdom. But love itself is

not a transaction. It is not manipulation. It is not control. It is not using someone else to feel whole.

3. Trauma Trains the Heart to Believe Lies

When people are wounded, the heart tries to explain the pain. A child who is rejected may believe, “I am unwanted.” A person who is abused may believe, “I am not safe.” A person who is betrayed may believe, “Love always hurts.” These beliefs may feel true because they were formed inside real pain.

The lie usually grows around the trauma like a thorn around a wound. Because the pain was overwhelming, the heart forms a conclusion to survive it. The conclusion may feel protective, but it can quietly become a prison.

Psalm 34:18 WEB - "Yahweh is near to those who have a broken heart, and saves those who have a crushed spirit."

Proverbs 18:14 WEB - "A man's spirit will sustain him in sickness, but a crushed spirit, who can bear?"

Some of the deepest lies sound like this:

- God does not love me.
- Everything wrong with me is only psychological and not spiritual.
- I am not safe.
- I am not worth protecting.
- I have to survive alone.
- If I trust, I will be hurt.
- If I feel the pain, I will fall apart.
- Love always costs me something.
- Numbness is peace.
- Bitterness protects me.

The wound is painful, but the lie formed inside the wound can keep shaping the person long after the event is over. Jesus does not only heal the memory. He also brings truth to the lie that grew out of the memory.

4. False Agreements Block Love

A false agreement is when the heart agrees with a lie as if it is truth. It may not happen consciously. Sometimes the heart simply learns, “This is how life works now.” But once the lie is believed, it begins to guard, govern, and limit love.

John 8:32 WEB - “You will know the truth, and the truth will make you free.”

2 Corinthians 10:4-5 WEB - “For the weapons of our warfare are not of the flesh, but mighty before God to the throwing down of strongholds,

throwing down imaginations and every high thing that is exalted against the knowledge of God, and bringing every thought into captivity to the obedience of Christ.”

False agreements can sound like wisdom because they were formed for survival:

- I will never trust again.
- I have to stay guarded.
- I cannot forgive.
- I have to numb this pain.
- I have to control everything.
- I am safer if I do not need anyone.
- If I let myself feel it, I will be destroyed.

A person may deeply want to love, but false agreements make love feel dangerous. So the heart protects itself with fear, control, escape, numbness, bitterness, performance, or false

refuge. The person is not truly free to love until the lie is brought into the light and renounced.

5. Human Effort Cannot Heal the Heart

Many people try to force themselves to love better. They try harder, promise more, suppress feelings, memorize better behavior, or shame themselves for still being hurt. But human effort cannot heal the root of the heart.

John 15:5 WEB - "I am the vine. You are the branches. He who remains in me, and I in him, bears much fruit, for apart from me you can do nothing."

Zechariah 4:6 WEB - "Not by might, nor by power, but by my Spirit, says Yahweh of Armies."

Galatians 5:22-23 WEB - "But the fruit of the Spirit is love, joy, peace,

patience, kindness, goodness, faith, gentleness, and self-control.”

Love is fruit. Fruit grows from union, not striving. A person can restrain behavior by discipline for a while, but only Jesus can restore the heart so love flows from life instead of pressure.

6. Jesus Brings the Hidden Places Into the Light

Healing begins when the person stops hiding from the truth. The pain has to come into the light with Jesus. This is not about shame. It is about letting Jesus touch the real wound, the real fear, the real grief, the real anger, the real sin, and the real lie.

It is possible to renounce a lie with the mouth while still avoiding the wound that taught the lie to the heart. But Jesus does not only want the

sentence broken. He wants the broken place restored. The memory, the grief, the terror, the humiliation, the anger, and the unanswered ache can be brought to Him without pretending they are small.

Ephesians 5:13 WEB - "But all things, when they are reproved, are revealed by the light, for everything that reveals is light."

Psalms 139:23-24 WEB - "Search me, God, and know my heart. Try me, and know my thoughts. See if there is any wicked way in me, and lead me in the everlasting way."

Hebrews 4:15-16 WEB - "For we don't have a high priest who can't be touched with the feeling of our infirmities... Let's therefore draw near with boldness to the throne of grace."

Jesus is not afraid of what you carry. He already sees the wound. He

already knows the lie. He already knows the places where pain opened into sin, survival, numbness, escape, resentment, or self-protection. He brings truth so He can bring freedom.

7. Facing, Feeling, Processing, and Surrendering

Healing can feel grueling because the heart has to face what it avoided. Tears may come. Anger may surface. Grief may rise. Fear may tremble. Shame may speak. The body may remember. The soul may feel weak. But Jesus meets the person there.

Facing trauma with Jesus is not the same as being trapped in trauma. Feeling grief with Jesus is not the same as being destroyed by grief. Processing pain with Jesus is not agreeing with the pain. It is letting

what was buried finally come into the light where He can touch it.

This is often a form of taking up the cross. The old survival self does not die easily. The guarded self, the numb self, the controlling self, the bitter self, the self that learned to hide from pain, and the self that learned to live from fear will resist surrender. Facing pain can feel like death because something in the old way of surviving really is being crucified with Christ.

But the cross is not destruction without resurrection. When the wound is faced, felt, processed, and surrendered to God, the heart no longer has to obey the trauma. The person can begin to live from Christ instead of from the wound.

Matthew 16:24-25 WEB - "If anyone desires to come after me, let him deny himself, and take up his cross, and

follow me. For whoever desires to save his life will lose it, and whoever will lose his life for my sake will find it."

Galatians 2:20 WEB - "I have been crucified with Christ, and it is no longer I who live, but Christ lives in me."

Matthew 11:28-30 WEB - "Come to me, all you who labor and are heavily burdened, and I will give you rest... For my yoke is easy, and my burden is light."

Psalms 62:8 WEB - "Trust in him at all times, you people. Pour out your heart before him. God is a refuge for us."

1 Peter 5:7 WEB - "casting all your worries on him, because he cares for you."

Surrender is not pretending the pain did not happen. Surrender is bringing the pain to Him until the heart no longer has to carry it alone.

8. Renouncing the Lies

Renouncing a lie means breaking agreement with it. It means saying, "This may be what pain taught me, but it is not the truth of God." The heart must come out of agreement with fear, shame, bitterness, self-hatred, numbness, control, false refuge, and every belief that contradicts the love of God.

But renouncing is strongest when the person also lets Jesus touch the wound underneath the agreement. The lie is named, the pain is faced, the feeling is brought honestly before God, and the whole burden is surrendered to Him.

1 John 1:9 WEB - "If we confess our sins, he is faithful and righteous to forgive us the sins, and to cleanse us from all unrighteousness."

John 17:17 WEB - "Sanctify them in your truth. Your word is truth."

Isaiah 61:1 WEB - "He has sent me to bind up the broken hearted, to proclaim liberty to the captives and release to those who are bound."

A person may pray:

I renounce the lie that God does not love me.

I renounce the lie that everything wrong with me is only psychological and not spiritual.

I renounce the lie that my trauma defines me.

I renounce the lie that I have to live guarded forever.

I renounce the lie that numbness is peace.

I renounce the lie that bitterness protects me.

I renounce the lie that love always destroys me.

I renounce the lie that I cannot be restored.

Freedom comes when lies are named, renounced, and replaced with truth in the presence of Jesus, and when the wound beneath the lie is surrendered into His hands.

9. Restored to Walk in Love

The goal is not merely emotional relief. The goal is restoration into love. A restored heart can begin to love without bondage, forgive without returning to danger, feel without being ruled by pain, set boundaries without hatred, and receive love from God without fear.

1 John 4:18-19 WEB - "There is no fear in love; but perfect love casts out

fear... We love him, because he first loved us."

Ephesians 3:17-19 WEB - "that Christ may dwell in your hearts through faith... that you may know Christ's love which surpasses knowledge, that you may be filled with all the fullness of God."

2 Corinthians 5:17 WEB - "Therefore if anyone is in Christ, he is a new creation. The old things have passed away. Behold, all things have become new."

You were created for love, but love cannot be restored by pretending, striving, hiding, numbing, or performing. Love is restored as Jesus brings the heart into truth, heals what was broken, severs agreement with lies, teaches the person to surrender pain into His hands, and forms love in them by His Spirit.

Closing Prayer

Jesus, bring my heart into the light. Show me the lies I believed because of what I suffered. Show me the wounds those lies were built around, and help me stop hiding from the places I have been afraid to face.

Give me grace to feel what I buried for survival. Help me grieve what needs to be grieved, name what needs to be named, and bring my fear, anger, shame, sadness, numbness, and pain honestly before You. I do not want to keep protecting the wound by agreeing with the lie.

I surrender these traumas to You. I surrender the memories, the feelings, the false agreements, the bitterness, the self-protection, the control, the numbness, and the

false refuge. I take up my cross with You, and I ask You to crucify the old survival self that learned to live from fear instead of love.

I renounce every false agreement formed in trauma. I renounce the lie that You do not love me. I renounce the lie that everything wrong with me is only psychological and not spiritual. I renounce the lie that my pain has the right to rule me.

Teach me to receive Your love, remain in Your love, and walk in love by Your Spirit. Restore me back into the image of God. Amen.

Digitally signed by Midnight Cry

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