



Understanding & Recognizing the “Strongman”

The purpose of this paper is to plant a seed. A seed that will take root and mature into a revelation on how devastating the Strongman of Trauma has been to all of humanity. To be able to recognize this Strongman and to understand his plans and purposes against your life, your family, your people group and your nation. How the church needs to stand in the gap against this “Strongman”. To bind him and render his plans useless. How our **unified** and **focused** prayer will accomplish this. If we are going to pray for revival to come, don’t we also need to pray against that which is hindering revival from coming? Trauma.

What is Trauma:

The Hebrew definition of the word “Trauma” is a wound or a wounding. In this context we are talking about the “wounding” of the human soul. Satan will always attack us through our soul and to gain access there must be a wound through which he can enter.

Trauma is nothing more than an “event”. It is the event that causes the wounding of the soul. These events come in many forms and the list is long. It can be caused by an untimely tragedy or situation. It can be caused by some evil action perpetrated by one person against another or against a group of people. It can also be the result of a violent force of nature.

Whatever the event (Trauma), the end result is the wounding of the human soul.

Trauma is the “Strongman” that most of the church has not recognized or understood. More people are held “captive” by the effects of this “Strongman” than anything else.

History of Trauma:

The first time the Strongman (Trauma) appears is in the Garden of Eden. Satan has just finished deceiving Adam and Eve and the ensuing “sin” of pride causes God to terminate (spiritual death) the special relationship He had with them. They could no longer visually and audibly interact with God. They were expelled from the paradise that was their home and forced to toil in a hard, unforgiving world. Think of the great emotional “trauma” they experienced in this; the extreme deep wounding created in their soul. Losing something that no one else has ever possessed. This was the traumatic event that gave birth to the very first soul wound and the birth of every affliction that would come upon humanity. Thus, the consequence of the original sin was “trauma”, and this sets the pattern. Sin gives birth to trauma; trauma gives birth to every affliction that plagues humanity. This thread of sin and trauma has woven itself through all time and all humanity. Trauma was born out of sin. Sin and Trauma, you cannot separate the two.

Adam and Eve were created beings, they were created perfect in mind, body and soul. The “traumatic event (loss of relationship with their creator)” that they experienced was far beyond anything that humanity had ever experienced, even up to this day and starting with their firstborn, Cain, and every person born afterward, comes into this world carrying the same wounded soul experienced by Adam and Eve. Carrying the wound of the loss of this relationship with God. All humanity has been born with a wounded soul, born “traumatized”.

Jesus died on the cross to restore the relationship lost in the garden. and He shed his blood to heal the wounding of our soul.

Satan hates humanity because we have been created in the image and likeness of God. Created to love one another and to do “good works” in the world. God has a plan for humanity. His plan is for redemption and for Shalom, perfect peace. Satan has a plan as well. Through sin Satan brought “trauma” into the world to derail Gods plan for perfect peace. Trauma (perfect disruption, turmoil and confusion) is the opposite of Shalom (Gods perfect peace).

Why we need to understand “trauma”

Trauma is one of those words and ideas where there is little universal understanding as to its meaning. If you ask ten people as to what trauma means to them you are likely to get as many different answers. How then can we pray effectively against something if there is no unity in the understanding about the focus of our prayers? If we pray without unity, without being in one accord it is like coming against the enemy with an open hand. There is no power in slapping at the devil, but if we are praying unified in our understanding we are coming with a closed fist and we have the power required to defeat our opponent.

Trauma, the Strongman

Please consider these three illustrations as to why this “Strongman” is the most devastating force against humanity and the weapon Satan uses to derail Gods plan for redemption.

Trauma, the General

Ephesians 6:12 (“We wrestle not against flesh...in high places”) - This scripture clearly shows us that there is a hierarchy in satans demon army. He has generals and privates and everything in between. Certainly, the “Strongman of Trauma” is the highest general in this army. When fighting a war, it is necessary to defeat the foot soldiers but for complete victory we must also capture, bind and expel the general. He is the strategist and we must render his strategies useless. This can only be done by recognizing who our battle is with and by using **unified and focused** prayer.

Trauma, the Farmer

There is a farmer working in his field. He is sowing seeds of many different plants. Corn, wheat, tomatoes, carrots and the like, good seed that would feed and provide for the health and well-being of his family. Let me ask you. Who here is the “Strongman” Is it the farmer or the seeds? Is it the sower or that which is being sown? Obviously, the farmer is the “strongman”. He determines what seeds are sown and how or where.

The farmer has a wife and three children. Tragically the farmer falls under a piece of equipment and is killed. This traumatic event seriously affects each one in his

family. It deeply wounds each of their souls. In his wife, this trauma might sow seeds of sadness and despair. In his son, it might sow the seeds of bitterness and fear and in his two daughters maybe it sows the seeds of grief and hopelessness. Let me ask you again, who here is the “Strongman”. Is it the event “trauma” that brought the soul wounds or is it the afflictions received by the family? Is it the sower or that which is being sown? Again, obviously the trauma is the “Strongman”.

Since the farmer has died, there is no one to tend to the crops. No one to water, cultivate or harvest. When the sower perishes, that which is sown also perishes. When the “Strongman” perishes (is bound and cast out), all the bad seeds that he has sown, the bad roots he has put down, will also perish. When the soul wounds are healed, there is wholeness and deliverance. It is so important that we recognize how devastating this “Strongman” has been to all of us. To understand that the “sower” is the Strongman and that which is sown are the strongholds. It is vital to understand the difference between the two. To understand that the strongholds, the seeds, the afflictions are the children of the Strongman (trauma).

When a person experiences a traumatic event, it creates a wounding of the soul. This wound provides fertile ground for the “spirit of trauma” to sow seeds of affliction, seeds of bitterness, anger, fear, rejection and many other things. The seeds put down destructive roots that when fully developed will produce harmful fruit.

This fruit is harmful to the individual and will often cause trauma to those who are in relationship with that person.

It is not enough to just cut the roots or pick off the fruit. The Strongman must be bound and uprooted (pulled down). Remember, the roots and the fruits are the strongholds that are established by the “Strongman”, Trauma. This is the only way that the soul wound can be healed, for the person to be made whole and delivered.

Mark 3:27 – For no one can go into a Strongman’s house and steal his property unless he first overpowers and binds the Strongman, and then he will ransack and rob his house.

What are we robbing from the Strongman? We are robbing him of the things he has robbed from us. He has stolen our hope, our peace, our health, our wealth, our families and so much more. This scripture shows us that this Strongman is too powerful to overcome unless we render him powerless. This is where the church has fallen short. It has failed to understand this scripture and we spend little time in binding the Strongman. If left unbound he is free to continue the devastation he has brought on humanity.

For the unbeliever, this soul wound will never heal as the enemy will continuously tear at their wounds to keep them open. For it is only the blood of Christ that can bring healing to the soul wound. For the believer however, it is an ongoing process, we must continue to apply the blood of Christ to our wounds to receive healing. Even as our wounds are healed, the enemy will always seek to find an opportunity to sneak in and aggravate the scar, reopen the wound.

Trauma, the Wet Blanket

Trauma covers every nation as with a “wet blanket”. Let’s look at this. A “wet blanket” is heavy. The heaviness of trauma weighs down a nations people. This heaviness prevents a nation and its people from rising up and moving forward to fulfill Gods purpose and plan. A “wet blank” also blocks out all light. The nations and its people are held under this veil of darkness. Trauma does its best work in the absence of light. Where there is darkness there is no presence of truth. Without light there can be no healing, no deliverance, no freedom. A “wet blanket” also dampens all sound. Trauma seeks to dampen the message of the gospel of Jesus Christ.

Where does the “wetness” come from. I believe that the wetness comes from the blood and the tears that have been shed throughout humanity and throughout the history of every nation. Adam and Eve shed the first tears when God took away the special relationship he had with them and expelled them from the garden and Cain shed the first blood when he murdered his brother. God said that the blood of Abel calls out from the ground. Murder is the highest form of trauma and mass murder (genocide) is the greatest trauma humanity can suffer. If the blood of one man calls out, how much more the blood of hundreds of millions. As “trauma” (the wounding of the soul) was the consequence of the first sin, it is by default the father of all the afflictions that plague humanity.

Trauma begets trauma so this issue of trauma is generational. The enemy uses this “wet blanket” to extinguish hope in the world. Wherever and whenever an act of kindness is shown to a hurting world, a small fire is kindled. A fire of hope and a glimpse of light. The intent of the enemy is to snuff out the fire and he uses trauma to accomplish this. This “wet blanket” hinders the spark of revival in the church and it seeks to prevent the unbelieving world from seeing, hearing and understanding the cross and its message.

What then to do? It is left to us, those that believe in the power of prayer. It is imperative that all true believers, stand in the gap for humanity. To pray light into the darkness, to stand and pray fervent, specific, and focused prayers that will remove the “wet blanket” from every person, every family, every people group and every nation.

We also need to understand that the land, including the water and the atmosphere needs to be healed in every nation. When this blanket covers a nation, it is not just covering its people. It . With so much violence, death and blood shed the spirit, of trauma, permeates everything.

How Trauma Operates

“Traumas” greatest weapon is the use of “memory”. When an emotional traumatic event occurs, it makes an imprint on our soul. If severe enough, an imprint, even to a cellular level. The strategy of this Strongman is to always bring back this memory, of our trauma, to our minds eye and speak to our minds ear. His strategy is to not let us forget, to keep our wound from healing.

There are two different messages that speak from the heavens, one is the message of light, life and love. It comes quietly, softly and does not force itself on the hearer. It is the message of the Gospel of our Lord, Jesus Christ. The other message is one of darkness, torment, distraction and disruption (Trauma). It is a message whose intention is to steal, kill and destroy. It comes loudly, forcefully and its purpose is to distract and prevent humanity from seeing the cross and hearing (receiving) the message of the Gospel. Our strategy should not be to shout louder but to pray more effectively.

Trauma touches everyone. For the unbeliever it has but one purpose and that is too so distract, so disrupt and so torment the life of a person, that it will raise a

wall between them and the message of the Gospel. The unbeliever can never be healed from their wounding (without receiving Christ) as it is only the Blood of Christ that can heal their soul wound. For the believer, our salvation is secure, but traumas intent is to distract us from Gods plan and purpose for our lives. To minimize our effectiveness for the Kingdom of God. Trauma has been very effective in veiling his presence and hiding his intent in the lives of believers.

Trauma does not always come at us in a major way. It will often come at us in seemingly small and insignificant things. Things that annoy us, things that hurt our feelings, things that put us “out of sorts”. These “events” may only “nick” our soul as it is not always a deep wounding. These smaller “events” will often collectively build up and the ensuing result is the same, that we are distracted from focusing on Gods plan for us.

Trauma uses “events” and people (even other believers) to wound our soul. Trauma begets trauma, it is a vicious cycle and is generational.

Our Weapons

Medical science gives us the term **(PTSD) Post Traumatic Syndrome Disorder**. God, however has given us a better one, **(PTSD) Prayers That Surely Deliver**.

We have multiple weapons in our arsenal when praying for ourselves, other individuals, families and nations.

- **Fervent, Specific and Focused** prayer, using the word of God
- Praying in unity of understanding, praying in one accord as to the subject of our prayer
- Putting on the full armor of God
- Applying the Blood of Jesus - This is the only healing for our wound
- Fasting Prayer to bind and pull down the “Strongman”
- Coming out of agreement and alignment with the “spirit of trauma” and coming into agreement with the Spirit of God
- Binding the distracting message Trauma brings (as discussed above). Bind every negative image (known or unknown), Bind every unhealthy belief, bind every destructive cellular memory, bind every (spiritual, physical and emotional) link to trauma, bind generational trauma and silence the Strongman’s voice.

- Releasing the trauma of a person to God. We cannot heal the effects of their trauma but if we hold that trauma to close it will certainly affect us.

In Conclusion:

We as believers have the responsibility to pray for the nations (Isaiah 56:7). There are 5.5 billion+ unbelievers in the world and this “Strongman” has his grip on the throat of every nation. Bringing his loud, dark, disrupting and distracting message to the world. Distracting humanity from the one true message of the Gospel. Building a wall between humanity and the cross. Keeping humanity focused on and suffering under its afflictions (the wet blanket) instead of focusing on the one true message of healing and deliverance. Only the **fervent, unified and specific** prayers of the church will cause this “Strongman” to loosen his grip on the nations and allow us to tear down the wall, to remove the wet blanket. As he lets go and people/nations are set free and his message is silenced, and the wall is removed, the nations will clearly hear the message of light. What a great revival will burst forth upon the earth.

The global body of Christ needs to recognize and understand that this “Strongman of Trauma” is the greatest obstacle to the salvation, healing and deliverance of all humanity. In this revelation, concerning the “spirit of trauma”, God has given us the key to unlock the door of healing and deliverance for every person and every nation.

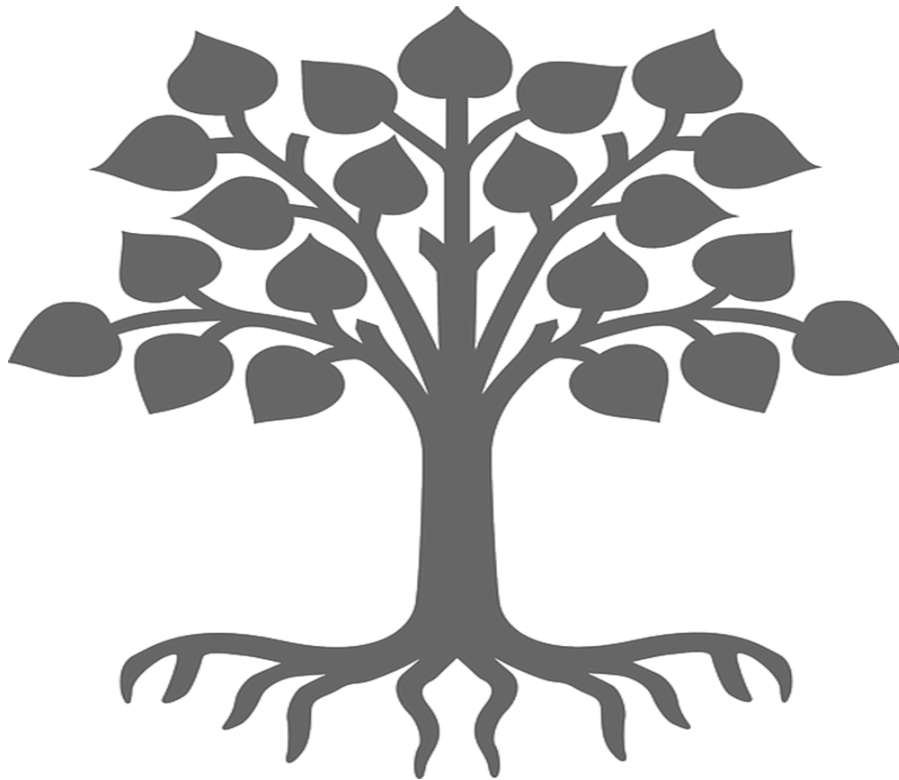
Our desire is to see a prayer movement started in every nation, a wave of prayers that will sweep the Strongman from the face of the earth.

Please, for the sake of your family and your nation. **Use your key!! Bind the General, Bind the Farmer, Remove the Wet Blanket.**
Bind the STRONGMAN!!

Strongman of Trauma

Behavioral and Physical Symptoms – Fruit / Strongholds –
produced by Trauma

Panic / Stress / Insomnia / Nightmares / Insecurity / Fatigue / Apathy /
Illness / Despair / Denial / Headaches / Abdominal Distress / Irritability
/ Withdrawal / Skin Disorder / Unbelief / Hypertension / Anxiety
/ Alcoholism / Drug Addiction / Suicide / Addictive & Immoral Behavior /
Backsliding / Walk away from their faith



Seeds Sown / Root Spirits of Trauma – Strongholds

Fear / Anger / Hopelessness / Depression / Infirmity / Doubt /
Confusion / Inability to Trust / Envy / Guilt / Shame / Lust /
Unforgiveness / Bitterness / Rejection / Grief / Loneliness

Some of the events (causes) of Trauma:

- War – Global / Regional / Civil
- Terrorism – Domestic / Global
- Poverty / Homelessness
- Drought/ Famine / Pestilence
- Political Unrest / Corruption
- Violent Injury/ Crime/ Accidents
- Rape / Sexual abuse
- Dysfunctional Family Life - Domestic Violence / Physical and Verbal abuse / Divorce / Absentee Father / Infidelity
- Catastrophic weather or natural events i.e. hurricanes / tornados / earthquakes / flooding / fire
- Loss of Life / Mass Murder / Accidental / Natural / Abortion / Suicide / Genocide
- Child Abuse - Kidnapping / Human trafficking of women and children for sexual exploitation / Forced Labor
- Religious Persecution / Intolerance
- Disease / Infirmary
- Alcoholism / Drug Addiction
- Incarceration/ Prison
- Prejudice/ Racism
- Abusive peer pressure / Bullying / Gossip
- Financial Distress
- Corruption in government
- Church Leadership - Indiscretions/deception/judgement

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