



Out of the Box

Have you ever felt like someone put you in a box, put on the lid, and then nailed it down? It was probably a gradual process. It was probably about someone controlling you. Your passivity allowed it to happen. It happened in the name of peace, compliance, avoidance, or survival. Depression, anxiety, fear, and hurt helped to put you there while they were developing, and then as they operated in your life. Suddenly, you discovered you were really stuck in that box and had no idea how to get out!

At that point a crisis occurred in your life. You were fighting madly to break open the top of the box. Your captor was hammering fiercely to keep the lid on. When he wasn't looking, you broke off the lid, you peered around and began to feel freedom, you checked to see if the coast was clear. Was the enemy still lurking about waiting to catch you??

He saw you with the lid off the box. He confronted you. He threatened you. You stood firm, the passivity turning into a burning aggressive rage. He backed off. With your head and shoulders now above the top of the box, you made your point that the box was no longer acceptable. A life crisis has now ensued not only for you but for your captor. What will come next???

Can you get your arms, legs, and body now completely out of the box? Will you be able to then BURN the box, such that you will never be able to return to its prison, yet its "safety"? YES - this can be done, but not without much time, support, education, assertiveness, therapy, and prayer. For not only you but your captor will sway toward the natural inclination of you both, to do what is familiar, to return to the box, to operate from the box, to remain in bondage.

What is the box anyway? The box has different names for different people. Some people call it control. Some call it abuse. Some call it addictions. Some call it depression. Some call it trauma. Some call it fear. The names are endless and unique to various people. What do you call your box? Are you nailed in tight? Or are you the nailer? The nailer is just as much in prison as the prisoner.

In my business of counseling, I am constantly helping people see their box, get the lid off, get their bodies out, and burn the box. The box-life is one of restriction, bondage, sadness, and frustration. It is a life that can never attain what God has for its purpose. God wants us out of the box.

While He has given us total freedom though His GRACE, still we deprive ourselves and others of this very freedom, because of our emotional and psychological problems. We either put others in boxes or allow ourselves to be put in one. Fruitless in every way, is life in the box.

If you are in a box, a prison of any kind, and don't know how to get out - there is a way. Give me a call or pass this letter on to someone who needs help. Counseling is one way to get out of the box!! Freedom is within your reach - begin today and take charge of your healing.
