

Advance Praise

“For over a decade you have taught me significant lessons in leadership and in life and this book is no exception. By sharing your journey in this thought-provoking book, you’ve given us all a road map that can help each of us draw closer to God. This insightful book will challenge and inspire all who read it to integrate Jesus into every aspect of our lives, so that we too, will be victorious in spite of life’s challenges.”

—**Connie Reinhardt**, CPA/CFF, CFE, Member with
Myers and Stauffer Accounting

“*Lost & Restored* brings the heart of the Father, through Suzanne’s own personal journey and her counseling practice, to minister to everyone who reads her book. It is a heartfelt journey to ongoing wholeness that everyone can relate to.

She brings experience, practical tools and proven models for emotional healing. Jesus is the only one who can heal and she does a wonderful job leading us to Him, the Good Shepherd and Great Physician.”

—**Sylvia Wright**, SMASH Ministry leader (Soul, Mind, and Spirit Healing) at Bridgeway Church in Denver, Colorado

“Scripture teaches that God has provided many ways to be healed: ‘*God has appointed in the church...miracles then gifts of healings*’ (1 Cor. 12:28). One of these gifts is inner healing, another is deliverance, another is energy psychology. There are many various tools our Heavenly Father has given in order for us to be made well!

Several of these methods are mentioned in this book, *Lost & Restored*, as Suzanne Simpson shares her personal journey to freedom through the counsel of the Wonderful Counselor Himself. Truly we comfort others with the comfort we ourselves have received, and it is fully available to all of us in Christ (2 Cor. 1:3–5). Invite Jesus into the broken places of your life today and let His love transform and heal you from the inside out.”

—**Dr. Charity Virkler Kayembe**, Coauthor of *Hearing God through Your Dreams: Understanding the Language God Speaks at Night* and *EFT for Christians: Tapping into God’s Peace and Joy*

“Suzanne Simpson’s new book, *Lost & Restored*, gives the reader a picture into her journey and her heart for the Body of Christ to be like sheep that are led by the Good Shepherd, who leads them out of the dark and scary places of life and into the safe and

beautiful sheepfold of life. She openly shares her own struggles and doubts and then offers her journey of how she moved out of pain into healing and restoration. She also created insightful reflection questions at the end of each chapters to take the reader from information into a transformational experience. Finally, she offers a pathway at the end of the book that offers next steps to enter into a full restoration process. The cover entices us into this journey...pick it up and get started.”

—**Tamara J Buchan**, Author of *Identity Crisis: Reclaim the True You* and *You were Meant for More* Series, Founder and Director of Reclaim Initiative, www.ReclaimInitiative.com.

“*Lost & Restored* offers a warm, intimate description of the Father’s love touching the secret places of the heart. With personal examples woven throughout, Suzanne gives the reader accessible instruction in bringing our daily needs to the Lord. A wonderful read!”

—**Sarah J. Thiessen**, LMFT, LPC Director of the Splankna Therapy Institute

Lost and Restored

LOST AND *Restored*

Healing Your
Heart with
the Father

SUZANNE B. SIMPSON



NEW YORK

LONDON • NASHVILLE • MELBOURNE • VANCOUVER

Lost and Restored

Healing Your Heart with the Father

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Published in New York, New York, by Morgan James Publishing. Morgan James is a trademark of Morgan James, LLC. www.MorganJamesPublishing.com

ISBN 9781642797619 paperback

ISBN 9781642797626 eBook

Library of Congress Control Number: 2019948556

Cover Design by:

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** The names of clients referred to in this book have been changed to protect their identities, and their experiences are recounted with their permission.

To my husband Les, for modeling to me a deep personal connection to the Lord. He faithfully encourages me to break through my resistance and allow God to work in me.

I am especially grateful to the Lord for walking me through the insights I have shared here—the vulnerable areas that may help others heal like I experienced. I am thankful that I have a true Father who showers His constant love on me far beyond what I can comprehend.

I am dedicating this to the reader who is seeking an avenue to receive the peace and joy that is available to you as you fully receive the redemption of your soul.



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The Spirit of the Lord is upon Me, Because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives And recovery of sight to the blind, To set the liberty to those who are oppressed; To proclaim the acceptable year of the Lord. (Luke 4:16-19)

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Introduction

During my years of experience as a psychotherapist assisting with people’s emotional struggles, I have come to understand that the main path to healing and wholeness is through Christ, who was God’s perfect sacrifice—the Lamb of God. Because of that unblemished sacrifice, we can offer ourselves to God with all our blemishes and receive healing.

Over the years, I’ve searched for healing methods that can truly release us from the bondage of our emotional traumas. In the process, I’ve discovered that we can’t do it without the help of the power available to us through God. We can trust Him for our healing rather than trusting in man’s philosophies that often do little to restore us to health. Through the pages of this book, I am hoping to open your eyes to the incredible love and healing potential we can access through the person of Christ.

Scripture often depicts humans as sheep—an apt metaphor. Sheep are easily led astray and need a shepherd to protect and rescue them. In the same way, we need a Good Shepherd who will pursue us and restore our brokenness, so that we may live vibrant, Spirit-directed lives.

Throughout scripture we see God’s deep desire to restore us to the place where we can truly be light to the world of darkness—a world that is desperately in need of a Savior for guidance and healing. My greatest desire is to encourage you to participate in an ongoing relationship with Christ that leads to transformation. Without that kind of breakthrough healing, we can become dry wells with very little water of the spirit to offer others.

Within this book, you will discover some out-of-the-box counseling methods, tools, and encouragement from my own healing journey, the journey of my husband, Les Simpson, and the testimonies of others who have experienced powerful methods of transformation.

Take out your journal and get ready for a self-discovery journey where you can examine yourself in a deeper way. Each chapter provides soul-searching questions at the end that allow you to deepen the exploration of yourself.

Chapter One Cracking the Wall

*He who has the bride is the bridegroom; the friend
of the bridegroom, who stands and hears him,
rejoices greatly at the bridegroom’s voice;
therefore, this joy of mine is now full.*

—John 3:29

On September 11, 2001, I sat rooted in front of my television set, shaken by a horrific event none of us had ever imagined. I watched in horror, seeing smoke billowing from the top of one of the towers as a commercial plane hit our very own Twin Towers in New York City. My mind raced with questions—how was this even possible? My heart beat

faster as I tried to make sense of what I was seeing. Who were the enemies that suddenly invaded our country? Was the United States really under attack by unknown terrorists? Would we live on the edge of fear and dread from that moment on? Would we ever feel safe again? Had the heritage which our forefathers so desperately fought for been destroyed in a matter of hours?

I took a deep breath. What would this mean for our country? What would it mean for me as I prepared for my long-awaited wedding in two weeks? I looked away from the television and suddenly felt panic rising. Soon, relatives began to call saying they would not be comfortable traveling. The flowers ordered from overseas wouldn't be coming after all. And my brother who was overseas wouldn't be there to give me away at my wedding. I was overwhelmed by feelings of disappointment and sadness. I had waited fifty years to find and marry the man of my dreams, and now it would be marred by a horrific event over which I had no control.

Momentarily my attention returned to the television screen, and I felt guilty realizing others were suffering far more than I. It occurred to me that we might need to postpone the wedding; I wondered how anyone could come and rejoice with two people joining in holy matrimony when the rest of the world was grieving.

I was torn regarding where to focus my attention—on my wedding plans or clients traumatized by such a stunning catastrophe. The phone immediately began to ring in my psychotherapy office with calls from individuals who suddenly felt personally at-risk and vulnerable. The tragedy also brought to light past events that made them feel unsafe due to circumstances beyond

their control. Some carried deep emotional scars that they had buried, hoping they would never surface again.

I became aware that our country would never be the same again. What had once felt like a safe place was no longer safe at all. My little wedding appeared very insignificant in light of the bigger picture. The lyrics from “America the Beautiful” began to race through my mind. I remembered the repetitive theme: “God shed his grace on thee.” That left a question: Had God lifted His hand of protection from a rebellious nation that no longer saw the need for Him in our culture, our schools or the affairs of our government? Or had God allowed it to reveal our tremendous need for Him in a world that had become spiritually distant?

When traumatic events occur, I always draw on this comforting truth: Our God is able and eager to wrap us in His peace no matter how tough our challenges become. He knows every emotion in my heart. If I just call out to him and honestly share my fears and concerns, He is right there in the moment to share my pain and anguish.

On that fateful day when the towers fell, I rushed to God and wept uncontrollably, broken and traumatized that such a thing could occur in our precious America. In my deep grief, I felt His loving arms embrace me and shower me with endless love and the reassurance that He would never leave or forsake me. I was amazed by the way He walked with me through those next two weeks with the comfort that only a loving Father could give.

Then He revealed an even deeper remarkable truth: that my marriage was really about allowing myself to be the bride of Christ, my true bridegroom, and that my husband was a physical

companion sent to walk with me through this journey we call life. The movies certainly don't portray that concept. Filmmakers always tend to promote fickle romantic love, implying that if we don't have that type of relationship, it must not be true love, when the exact opposite is reality.

Even the vows we wrote reflected the idea that I was choosing Les as my physical companion to walk with me spiritually through life. Could I embrace this concept and live it out? That would be determined over the following years of married life. Even though God had clearly revealed this to me, He left me to walk it out. Somehow, I realized that I needed to die daily to the desire for my physical husband to give me the value I was forever seeking. I could only get that kind of confirmation from God.

After being single for many years, I thought I had learned to depend on God. I had imagined Him being right there beside me when I felt awkward going to parties alone or spending time with married couples. But now that God had blessed me with a husband I would need to trust for something new, that He would still be there to guide, support and comfort me.

As I reflect on what 9-11 has shown me, I am aware that we all have hidden terrorists within us, waiting to attack and reveal themselves at inopportune times when we least expect them. These terrorists may show up as bursts of uncontrollable anger that surface before we lash out at someone. We may wonder how we can experience such violent reactions to situations that don't seem to justify that magnitude of feelings.

The Psalmist David was portrayed in scripture as a man of such contrasts. He had a heart after God, but at the same time, his life was a picture of rebellious, sin-ridden behavior that left him

facing unimaginably challenging consequences. He lamented with God over his anxious thoughts and asked God to show him what was in his innermost being. "Search me, O God, and know my heart: try me and know my anxieties." (Psalm 139:23) He wanted God to reveal what was hidden deep in his heart so he could find restoration in a God who wanted to heal and deliver him. It took great courage to ask that of God. I believe that was why he was considered a man after God's own heart.

It's no wonder that David's psalms continually asked God to protect him from his enemies. In fact, he was probably aware that his inner struggles were a much greater threat than many of his human enemies, because evil internal drives and addictions led him into deeper bondage to sin.

David's life proves the point that it's easy to fall into sinful behavior, until we've corrected wrong thinking and misbeliefs that lead us away from God who is always there, ready to restore us. "Like sheep, they are led to the grave, where death will be their shepherd. In the morning, the godly will rule over them. Their bodies will rot in the grave, far from their grand estates. But as for me, God will redeem my life. He will snatch me from the power of death." (Psalm 49:14-15, NLT) David describes us like sheep headed toward ultimate destruction and eternal separation from God. Fortunately, God has shattered the death sentence that hangs over our heads, so we can live abundantly, once we invite Him into our lives. We all need a Shepherd who will guide us and lead us into all truth, bringing redemption and healing to our souls.

Sheep are repeatedly mentioned in scripture—around 500 times! By studying the character of sheep, I discovered that they

are desperately in need of someone to lead them. Apart from the Good Shepherd, it's easy for us, like sheep, to be led astray by desires that lure us to indulge our insatiable appetites. In fact, the devil's greatest enticement is to give us what we think we want.

Humility vs. Pride

There is a movie based on a popular novel by Thomas Hardy entitled *Far from the Madding Crowd*. The movie tells the story of a sheep rancher who lost his whole flock of sheep when an untrained, unruly dog led them astray. The sheep were led off a cliff into a valley of death, leaving the rancher without a penny. Even though it seems the rancher lost everything, in the end, because of his humility, he regained what he longed for: the heart of the woman he loved.

Like the sheep that followed an untrained sheep dog, we too can be led astray. How often are we lured toward some shiny object that promises to make our lives complete, but leaves us feeling betrayed and even worse, in debt? Only when we humble ourselves and admit that we seek value out of pride, can the Lord open our eyes to true fulfillment.

Perhaps we're seeking power, glory or money that comes as an angel of light to offer us exactly what we think we want. We may think: "If only I get that promotion or my business grows by leaps and bounds, making me rich." Or, "If only I can find a husband to give me the security and respect for which I long. "If only my children win great honors in school about which I can boast, I will feel valuable." When we're motivated by those things, we define internal value with temporal things, leaving us void of the true identity we can only find in a relationship with Father God.

When Adam and Eve heard the voice of the Lord, they "hid themselves from the presence of the LORD God among the trees of the garden." (Genesis 3:8) They were spiritually dead and hid out of shame, once their fellowship with God was broken due to Eve's pride and desire to become like God. From then on, the Levitical law required people to offer an unblemished lamb as a sacrifice for sin.

Under the new covenant, Christ died, replacing animal sacrifices once and for all. We can now receive Christ as the covering that erases our sin so that God remembers it no more.

Thus, the downward spiral toward spiritual death is reversed, and He gives us life! However, the soul work that enables our intimate connection with Christ requires humility. We must set aside our pride and, like David, ask God to search our minds and hearts to reveal our areas of weakness and brokenness. It's only when we allow God in to address our issues that we can receive His healing and restoration.

We're all tainted in some way, requiring deliverance from our prideful nature. Much like King David, we seek to get our value from external things. In my own life, I've found that when I try to find my value in doing and being certain things, I am left dissatisfied and unfulfilled. I am left far short of what Christ wants to give me—the reassurance that I am fully loved as I am, without the need to perform. It's a gift He's given me! What a blessing it is to know that I am loved no matter what.

The Foundation We Build On

Once we've humbled ourselves and allowed Christ to reveal those areas where we've gone astray, we may find that our inner

foundation is structurally weak and prone to failure. Anyone involved in the construction industry knows that people need to consider the quality of the soil on which they build if they want the structure to endure the test of time. Has the foundation been built to shift with the soil—the ebbs and flows of the environment? Or, is it a solid cement slab that doesn't consider external variables? Cracks can form in both types if they aren't built to last.

When I was in my late twenties, I decided to purchase my first home on the meager salary I was making in the retail field. After I had gone through escrow, my Dad came to see the home and quickly found that it was leaning to one side and might have some foundation problems. In addition to foundation problems, I later discovered that a ceiling beam in the living room had been removed, causing the front wall of the house to slope toward the street! Through that ordeal I learned a very important life lesson—that we need a firm foundation and the structural integrity of every part to sustain us over a lifetime.

To thrive the way God intended, we need a healthy foundation in spirit, soul, and body. “May the God of peace himself sanctify you completely; may your whole spirit, soul, and body be preserved blameless at the coming of the Lord Jesus Christ.” (1 Thessalonians 5:23) God wants to work in these areas. However, the soul tends to be the most deeply affected, since it demands that we examine ourselves for things we have held onto throughout our lives to our detriment. Even though our spirit is made new in Christ, there are deeper hurts in our souls that keep us from living life to the fullest.

Many people don't see themselves as God sees them—believing lies that have convinced them they are unworthy or

insignificant. Others are bitter, refusing to forgive, and stay in bondage to a spirit of anger. Or they may have a strong will that refuses to let anyone control them. While that's not necessarily a bad thing, it can prevent them from humbling themselves to allow Christ to touch the deep wounds that impact the way they see and respond to the world around them. Christ was always very clear when He posed the question: “Do you want to be healed?” (John 5:6) The choice is ours. He's waiting for us to admit that we need Him because we're unable to address our own issues and allow His love and healing to bring new freedom and great joy that's found only in Him. What a great God He is!

Embracing Healing

The Merriam-Webster Dictionary defines the word “blemish” as a verb this way: “to hurt or damage the good condition of (something)”, or as a noun: “a mark that makes something imperfect or less than beautiful.” We all have imperfections, but we can be healed of the scars of past hurts imprinted on our souls.

These scars affect the life energy running throughout our bodies that God breathed into us in the beginning. When we hold onto negative thoughts, memories, and trauma over the years, the vital life energy gets blocked. Once it's stored in negative thought patterns, it has a way of impacting our lives in many ways, most of them counterproductive. I struggle to understand why we refuse to believe that our energy and outlook can be affected by hidden negative emotions.

We often bury negative emotions, thinking they will somehow magically disappear. But while we may have suppressed

them, locking them up beyond our conscious awareness, they can still raise their ugly heads when we least expect them. In fact, research shows that more than 95 percent of emotions are subconscious. These emotions are a lifelong accumulation of events that left marks we try to ignore, including such things as the loss of a family member, being bullied in elementary school, false perceptions about our worth, or abuse of one kind or another. The beliefs that create such emotions can produce a destructive frequency within the cells of the body. No matter how deeply they're buried they impact many areas of our lives including finances, health, and most importantly, our relationships with God and others.

In the same way, the trauma of 9-11 acted as a trigger that brought up earlier events, provoking feelings of danger and fear for many citizens. The soul and body remembered those previous at-risk feelings as if the past events were happening in the present. This process bypasses the rational brain, accessing the reactive part of the brain that responds as if the same feeling is being activated now. At this point our ability to rationally think through a situation is greatly impaired, leaving us feeling confused and unable to live the life we want. These emotions can feel far more overwhelming than the situation warrants and lead to all kinds of anxieties. If we can trace the emotional triggers back to the origin of the memories, we stand a good chance to clear out the root and heal.

Pain is a good thing because it connects us more deeply to the inner struggles that God wants to bring to light.

Not long ago I was lying in bed when I glanced up and saw a cobweb dangling from the ceiling. In that moment, I realized something I hadn't noticed before: I had to be lying down on the bed to see it. If I walked into the room, it wouldn't even be visible. We don't tend to see those inner cobwebs inside us until it's time for God to reveal them through circumstances that trigger the pain. I love what British novelist C.S. Lewis says: "Pain insists upon being attended to. God whispers to us in our pleasures, speaks in our consciences, but shouts in our pains. It is his megaphone to rouse a deaf world." ¹ Pain is a good thing because it connects us more deeply to the inner struggles that God wants to bring to light. He can then be the Good Shepherd who leads us to a place of resolution.

Here are some soul-searching questions you will want to explore. Each chapter will include these opportunities.

Soul Searching:

1. Replay your wedding in your mind. If never married, imagine yourself ready to be joined in matrimony. Instead of your spouse, picture Jesus waiting there to greet you. Notice Him looking at you with eyes of adoration, ready to be united with all the beauty He sees in you. How does it feel to be joined to the bridegroom who will always love you unconditionally and never leave you even after death? Knowing that your true marriage is to Christ whether you are single or married, describe how you can look to Him as your partner emotionally and spiritually.
2. When have you been triggered by circumstances that deeply affected your emotions? Was it bigger than the

circumstance merited? If so, what were the emotions you experienced and how did they lead you to a place of deeper pain?

3. Look at some of the cracks in your foundation that might show up as internal blemishes—a lack of self-worth, anger, resentment, or unforgiveness. What are some of the cracks the Lord wants to reveal to you?