

# *From Pain to Purpose*

Written by Misha-elle Hammer

*“The LORD is near to those who have a broken heart, and saves such as have a contrite spirit.”*

### **Psalm 34:18**

**H**ealing that comes from God is deep, priceless and lasting. By faith, I believe that God is going to heal you from any circumstance that has broken you. This chapter is my experiences with deep-rooted pain within and the triumph and healing the Holy Spirit gave me and my family.

When I was young, I remember loving my father passionately. I remember sitting on his knee bouncing up and down. I remember being placed on his feet, belly touching the bottom of his heels and being lifted in the air as I tried to desperately balance, hands interlocked with his holding on for dear life. This love went deep. Daughter to Father and Father to Daughter. Our family was intact. Me and my older sister would travel to school together and back home. Things were right. Our house was safe, and it FELT safe. That would change when I became a second-grader.

The love me and my father shared would be tested, broken, changed, diminished, effected by the trials of his life and ultimately leaving a lasting and wounding impact on me. Before I tell you of my father’s struggles, I want to describe the father I loved. My father migrated from Nicaragua in hopes to prosper in America. He was a fit man. He enjoyed exercise, sports, and family. He took care of his wife and his children. He loved God and studied religious teachings. He was optimistic about life. He was a treasure. By the age of 22, he became a husband, at the age of 23 he had his first child, and by the age of 31 he became an alcoholic and at 55, he passed away from cancer.

As a daughter, you do what Mommy says. I was 5, and that day I learned something new. I learned a lesson on concealing. What does a person do when they do not want anybody to find out about their actions? What does a person do when their actions will be scrutinized, brought into judgment and frowned upon? Most people will hide and conceal these matters from others. It was true with my father.

I had come into my mother’s room as I saw her pulling out a clear bottle full of clear liquid lodged under the bedframe. I thought to myself, *who on earth would put a full bottle under the bed and why is Mommy acting so upset about*

*finding a full bottle of clear juice?* My young mind only comprehended that it was something my mother did not approve of. When she took the bottle to the bathroom sink and poured out all of its' content, it became clear to me of her disapproval. Looking back on things, I now know what it was, it was a bottle of vodka. That moment changed my home dynamics. From that point on, my father's battle with alcoholism had come to the forefront, even me, his baby girl, now had eyes that were getting a glimpse of his pain.

### *Recognizing Generational Curses*

God is a good God and he exposes sin to reveal our need for repentance and gives us an opportunity for us to receive His grace and mercy. Often, however, the exposure is just an indicator for others to see the battle that is being fought for that person's soul, which began well before the outward exposure takes place. Exposure can do two things for people, it can cause them to receive God's grace or it can cause them to go into an out of control spiral, causing the sin they find themselves in to take full control of their lives. In my father's case, sin took control of his life causing him to become an alcoholic.

When I first began going to church, I would hear teachings about generational curses. I did not know what they were until God opened my eyes to my own family's generational curses. I can tell you they are real and curses on families are the same throughout the generations. Generational curses are not easily won, however, they are defeated only by the blood of Jesus. I can also tell you that God always has a chosen person/s that He chooses to demolish the curses that plague our families. My family's generational curses are addiction and domestic violence. My father had them both.

I was asleep with my sister and mother in the bed. I don't remember doing this very often as a child, so I recall this memory very vividly. In hindsight, I realize that my mother had purposefully put us in her bed that night. I was 5, my sister was 7. I woke up to a scream, "Neil no!" I heard my mother pleading with my father to stop whatever he was doing. I perched myself up in the bed to see what the commotion was about. At the edge of the bed, I saw my father trying to overpower my mother. She was pushing him off her. I then saw his hand raise and fall hard down upon my mother. All I could think at that time was, *my mother is pregnant, please don't let Dad hit my mom in her stomach, I want the baby to live.*

My father would not stop, and I grew more and more afraid. As fear began to consume me and my older sister, we curled up at the corner of the bed. As I was living what would later be identified as trauma in my life, my feelings of fear began to change. My feelings changed from fear to rage.

At 5 years old, I began my first battles with anger, frustration, and rage. These battles would continue well into my adult years, hindering me with bad attitudes that would contend with my open doors and blessings that should otherwise flow into my life. What I remember so vividly was being so enraged with my father for what he was doing to my mother, I wanted to run to the end of the bed and hit him as hard as I could to get him to stop. As a young 5-year-old, one's idea of strength is not grounded in reality. As I plotted on what type of force could take down my father, I began to experience a different emotion. It was fear. Suddenly, I had no more courage, rather all I had was fear. Fear for my mother, fear for myself. The world changed for me that day. I realized something for the first time. I realized I was not covered and that harmful events along with evil spirits lurked in my home. I was no longer safe.

I would experience many forms of being unsafe in my life. Several times, I should have gotten seriously affected by either my choices or the bad choices of others around me. I know what it is like to fear for your life while being strangled. I know what it is like to be completely unprotected in forms of bullying and manipulation. I have felt the sting of fear from the demonic presences that came at night to the manifestation of those same spirits. I've experienced a lot. I have been through so much. But I have been saved by God's grace and love. I have been healed by His spirit. And I know God wants the same for you, too. God wants to take the traumatic experiences you have had that have left you shattered within and heal you.

### *Revealing the Spirit of Satan*

Destroying your soul is not possible by the enemy. Satan does not have this type of power. Thank God! The only thing Satan can do is afflict us. Meaning, Satan can only cause harm and cause foul but never destroy your eternal soul. The pain that is in your life is an affliction. An affliction wound's you. An affliction takes from you. An affliction doesn't go away. And an affliction is categorized as light in the Bible. 2 Corinthians 4:17 says, "For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory." Have you ever asked yourself why

does God's word call afflictions, light afflictions? Light afflictions come to torment us but never to destroy us.

The pain that you are feeling is a light affliction in God's eyes. Not because it is marginalized, general, or meaningless. It is light because compared to God's ability to avenge and take care of us is far greater than the affliction that has found its way into your soul.

Now we must realize that the human spirit and soul are a supernatural existence. Therefore, when pain exists in these places, the remedy, the healing balm, the answers, and the direction must come from the supernatural. If it were our bodies that needed healing, those answers are grounded and treated by natural remedies. When our souls have been fractured and our spirits have been broken, these wounds can only be healed by the Spirit of God.

The Spirit of God works with the spiritual indwelling of Jesus the Lord within our hearts to bring about true, divine and inspired healing. He can heal the molestation you went through, the betrayal you suffered in, the mistreatment from others.

When I was young, I had a reoccurring dream. The dream was me in a cage yelling for my dad to come let me out and help me while short demon-like creatures would be dancing around me, chanting and celebrating that they had caught me in their cage. Looking back, this is what I was living in. I was living in a house full of turmoil and an evil presence. My mother is a loving individual, her actions were not the cause or the source Satan used. Unfortunately, all Satan needs to accomplish his plan is one person. Satan preys on people, he successfully finds wounded souls, weakened faith, generational curses and God-haters to work his plans. The enemy had entered into my home not because of myself, rather because of the actions of others.

I experienced many broken relationships of all sorts as I would grow up. It wasn't until I was 22 years old that I realized the source of my brokenness stemmed from my relationship with my father. You see, it was Satan's plan all along to get me bound from infancy. The demons I would dream about became real. They manifested in real-life situations that kept me out of God's will, grace and love. The demons constantly set up situations where I would seemingly be bound. Where do you see the first signs of going astray from God? Was it in your childhood? Was it in your teens? I know it was somewhere because when we are led by God and in His will, He

protects us. Psalm 91 states, “When we are outside of God’s protection, the enemy sends traps that will take our lives to destruction, hurt, turmoil and pain.” It is never God’s will to bring pain into our lives. God is a loving God, willing to give us a life full of joy, abundant blessings and increase. This means that God desires for us to be our best selves. He wants to see us flourishing and being successful in this world. His desire for you is to bless you and love you. Satan desires to hurt you, to kill you, to tear your life in pieces so that you can no longer see God’s will, plan or blessings upon your life.

I suffered in my household spiritual turmoil pretty much my entire childhood. Please don’t read into this wrong. I had a loving mother and a loving father, however, my father was an alcoholic and I am convinced, without proof, that he was involved in some type of occult. The spirits that were at work in my house were spirits resistant to God, evil and with ill intent.

God would later use this early exposure to the spirit realm. Before I was saved by God’s grace, I possessed a knowledge of the spirit world that was unexplained or unexplored in my life. I am convinced that God had his hand upon me so that I did not get drawn into occult practices, tarot readings or witchcraft. They allured me pretty deeply. I knew of things that were not disclosed to me personally. Later, I would learn to use and operate in the prophetic gifting as I would accept my calling to serve the Lord.

During these days, however, I attracted a lot of evil spirits in my life. I have learned that with spiritual giftings from the Lord, you must be prepared to handle the revelation of not only heaven but of hell as well. Spirits need humans to operate their will on this earth. They afflict you in many ways. Demons are at the root of a lot of pain and misfortune. Although God has revealed the spirit world to me, I remain in complete surrender to God’s Spirit as he reveals things of evil.

### *Disguised Devils*

When I was in 2<sup>nd</sup> grade we moved to Spokane, WA. From this point on, my father was no longer an active or permanent member of my household. Although shortly after we moved to Spokane, my father quit drinking. Even though he stopped drinking he never really recovered all the way. His life was still very broken. My mother and my father bickered and argued often. I grew up in this type of household throughout my high school years. My memories of my father in Spokane are extremely limited. After a few years of living in

Washington, my father relocated from California. He lived in Spokane but did not live in our home. He would go “home” to his separate residence which was an apartment located downtown. Because of the ongoing absence of my father, I grew to think I did not really need my father. I grew up with my mother, did well in school, advanced in my pursuits of life. It wasn't until God opened my eyes in my early 20's to the impact of my fatherless life. Before God opened my eyes, I would make terrible choices and continue making terrible choices in men because of my fatherless upbringing.

I began to have relationships with the opposite sex early in my life. By the time I was 16 years old I was dating a 26-year-old drug dealer. I now ask myself, *why on earth was I dating such a terrible person?* I blame it on ignorance. I was ignorant of who I was to become in Christ. Without our identity, worth and purpose grounded only in Christ we will suffer loss in different areas. My area of loss was in relationships. Not only would I attract abusive men, but I would also suffer at their forms of violence, betrayal, self-absorption, and lack of spirituality. If you can relate, you too must identify where this pattern has begun in your life.

We cannot control what other people do, but we can control what choices we make. When I did not have a revelation on just how deeply I had been affected by my father's absence, I was vulnerable to making bad decisions, simply based on what I did not have or know. I had a father, but I didn't have a shepherd. I had a father, but I didn't have a protector. I had a father, but I didn't have a leader. I had a father, but I did not have his loving presence. The lack of the Godly relational content between a father and daughter, originally intended by God, had been stolen from me by sin and Satan. Me not having the necessary care made me prey for some predators and hopelessly vulnerable to my own ignorance.

### *Deliverance Ignited*

There are three significant choices in men that God used to show me my condition and ultimately deliver me from such bondage. These relationships were abusive physically, mentally, emotionally and spiritually. These relationships all started with a bang but ended in extreme disappointment and I was worse off than ever before.

Physically abusive men never announce their problems to you in the beginning. They wait until the right time to pounce on you, literally. The right time for them looks like when you are in love with them, making the

grip and hold they have on you incredibly hard to break. It wasn't until I was dragged on the floor, threatened with an object and forced to call the police that I safely ended my abuser's torment in my life.

We had just got done hanging out from what I would describe as a fun-filled night out. When he asked me why I let that guy lean into my ear and tell me something, I had no idea it was a set up for the beginning of his physical abuse. I answered the question with as much innocence and ignorance I had that night. The answer was simple, I said, "Because he had something to tell me about you." Honestly, the guy had something good to say about him, but my abuser did not care. He wanted to establish dominance that night. When I gave my answer, I was met with a hard slap to my right cheek. I was in shock. I would have never thought that he would hit me. I would have never thought I would be the one getting hit like I saw my mother getting hit. I sat in disbelief, stunned by the startling and hurtful slap. In those moments all I could do was relive my childhood trauma of my drunk father coming into my mother's room that night. I too was living out the terrible experience that shaped my childhood years with my father and mother. I too had gotten hit. I too was in fear. I COULD NOT BELIEVE this was happening to ME. Well, it did, and it kept happening, despite the promise he made that night to never hit me again.

It wasn't until I cried out to God for deliverance from this abusive relationship did, I see any change. Domestic violence does not end until the victim gets out of that relationship. As a victim myself, I can say, that it is not easy getting out of abusive relationships. There is always this desire and hope for the one causing harm, to change. The only thing that changed was my sanity, my peace, my physical appearances, my mind, my life, my money, my job, my sin, and my life experience. I now had experienced intense trauma that would take years for me to recover from.

The intent was set from the Devil to destroy me, physically, mentally and spiritually. This evil intended attack did not begin with my abusive relationship, it began with my father's lineage. It began with the generational curse, it began the night of my father's attack on my mother, it began in heaven with God and Satan. However, it did not end there.

The Bible tells us that we overcome by the Blood of the Lamb and the word of our testimony. If it had not been for my relationship with God and my knowledge of crying out to Him for deliverance, I would not be delivered and set free from an abusive spirit in my life.



Crying out to God is from the heart. When we make our requests and desires known to God, He will listen and be true to His word. The Bible tells us, “seek God with your whole heart while He may be found...” Finding myself in such a terrible situation was heartbreaking and dangerous. At that time, I needed deliverance. You too may need deliverance from a terrible situation. I want to share with you some practical steps you can take if you find yourself in need of deliverance of any kind.

**First, repent.** Repentance is our first step in deliverance. Our relationship with God exists in the heart. Most sins come from the wickedness of our hearts. Although you may not be the one causing the situation to become broken, you have a part in the entire situation. Therefore, as a believer, because you have access to God, repent before Him. The Bible says if we confess our sins, He is just to forgive us and cleanse us. When I got revelation about this scripture, the cleansing part is what jumped out at me. With all the turmoil and trauma I experienced from my father’s and my relationship and now an abusive man, I needed an ample amount of cleansing. The moment I began to experience trauma, I was not the same person. You won’t be either. When you have experienced trauma you need healing, cleansing, releasing and purifying. That’s what our relationship with God does for us.

As I grew up without a father I would get into relationships with different men for different reasons. I had reasons that compile a long list. Some reasons I would get involved with men were boredom, control, love, attention, and sex. It never was for the reasons God reveals in his word. It was never for the service of my mate, for the love of God’s sons or the procreation of family. It was always rooted in my own selfish needs. As I look back on these relationships and their many different reasons, I can find the root cause to be my broken relationship with my father.

I sit writing this book as a woman surrendered to God as His servant. I sit as now a wiser, educated, prayerful and woman of substance, strength, and power in God’s kingdom. I can truly say, God has redeemed the time in my life. All that I have lost, or has been stolen from me, I have regained in my identity in the Lord. Before I received my redemption, God had to heal me. God had to show me the areas of my life and the root cause of my turmoil, my anger, my searching, my brokenness. You too have been chosen for God’s healing. You too have been chosen to go deep to the root of your pain and pull it up at its root. What a blessing it is for God to do such amazing

things in our lives. Do not take it lightly the wonderful gift of healing Jesus has decided to give to you.

Whether you can testify now or later, you will be healed by the power and faithfulness of our God.

Deliverance began in my life during my years at the School of Urban Missions Bible College in Oakland, California. I had been saved two years before my deliverance truly began. I was attending church and experiencing God on a corporate level, it was now time to experience God on a personal level. He began with my father.

### *Redeem Me Oh Lord*

God began to show me just how much I had been negatively affected by my broken and absent relationship with my father. After all these years of not having him as a sturdy focused and dependable father, I was brought back to the realities of his actions in my life. The Lord began to reveal to me that I had been affected so deeply that I could no longer see the impacts it had on my life. When we have consistent and ongoing situations in our life, at times, we can begin to simply accept these situations as normal, as just the way things are. As Christians, we know that situations God creates in our lives are good, they are full, they are perfect. The Psalm writer writes “As for God, His ways are perfect.”

God had begun to show me that not having a father in my life slowly and surely changed me into an image unlike Christ’s true intent for me. God began to show me that I had become extremely distrustful toward men, so distrustful I put up a wall of self-defense. This wall existed in the form of control, or what I thought was control over the men I chose to be with. This way of thinking took me to places in my heart and mind that God had to deliver me out of. This effect took deep root into my life and had to be uprooted by the power of God.

Expectation in a relationship turned inwardly to how was I going to receive God’s blessings in the midst of a situation where the person was not changing. I began to take on my role as a daughter instead of criticizing the role that I was not held accountable for.

When my father was 55 years old, he would get diagnosed with stomach cancer. I remember the day he died. When I got the call, I was pumping gas. I answered the phone and heard my mother’s voice tell me my

father had passed. It was like the earth went silent and I stood in that reality and felt the sting of his death. Nothing prepares you for losing a parent. The wound stays open for a while and feels like a hole in your spirit with nothing to fill it.

Before my father passed away, I came to visit him. His room was quiet, and he lay on the bed when I came in. I asked my father how he was doing. He was able to say he was doing well and that he was sorry for all the disappointments he had brought in to me and my siblings' life. I had forgiven my father years before and I was happy for him to ask for forgiveness. This showed me that my father's heart was getting worked on. Prior to that, my father was honery, negative, accusatory and stubborn. I knew that God was working on him. I took full advantage of that moment. I asked my father if I could pray for him. Without hesitation, he answered yes. All the years before when I would talk about God to my father, I was met with a staunch attitude or dismissed with irrelevance in his eyes. This day, his heart was ready. I asked, "What are we going to be asking God for?" He said, "healing." Honestly, I was surprised that my father wanted anything from God. I knew it was his time to mend his broken relationship with God. I also knew that all of his pain that effected his loved ones, his family, his ambitions were because he had renounced his relationship with God. It filled my heart with adoration that God was still there waiting for my father to cry out to him once again and be reunited with his heavenly Father's embrace.

It happened all in front of my eyes. God had never left my father. God suffered right alongside him all those years. Through his addiction, broken relationships, emotional pain, cancer, resentment, unhappiness, unfulfillment, God was still there. As I took the prayer oil and anointed his body and prayed for healing, the Lord showed me that my father needed emotional healing as well as physical healing. They were tied together, connected by the pain his soul had endured. At that moment, the Holy Spirit entered the room and he led me to tell my father what God wanted from him. I said to my father, "I sense that God wants you to say Thank You to Him." He paused for a little while and then he said it, he said: "Thank You." I sat in silence with this moment as he had begun to open his spirit back up to his heavenly father. And then I heard it again from his loins, from his unction, from his direction, "Thank You." The second thank you came from his testimony, his own once broken relationship with God to now a reconciled reverence and gratefulness to his Creator. I knew that my father had just released years and years of pain in that one moment. I knew that God had

healed him emotionally and physically in that one moment. Our God is amazing, thank you, Lord Jesus.

My father would pass a few weeks later while reconciled with my mother, his wife, in her home with the rest of my siblings. After my father's passing, I inquired of the Lord the meaning of the healing he performed on my father. In God's way, He let me know that He did indeed heal my father's body by taking him into His glory, God was able to give him a new body, a new spirit, a new heart and a new mind in heaven. All the years of suffering my father endured on earth was healed in an instant and because my father reconciled with God before he passed away, he was now experiencing eternal life, free from emotional pain, physical pain and passed mistakes he had made.

### *Purposeful Empowerment*

As for me, yes, I was affected. Yes, I was affected by my father's bad choices, but through that, God opened my eyes to my eternal deliverance. I did not have to wait until I got to heaven to experience complete healing. God wanted to heal me now, here, on earth. He did not cause my bad choices in men, but he delivered me out of bad choices in men forever. Because of His deliverance, I can come up against generational curses and command them to flee from my life, flee from my family and have dominion over these demons whenever I pray for others experiencing such turmoil.

God does not cause pain in our lives but, He is the only one that can heal the pain that is in our lives. Because we have God, we can overcome the obstacles of shame, curses, negativity, bondage, and anything that is keeping us from the abundant life Jesus has for us. If you are experiencing pain from other people's bad choices around you, you must know that God can heal you from that. The promise is not to change the other person or have them come to realize their wrongs. The promise is for you and your pain to be resolved.

- **Psalm 147:3** says, "He heals the brokenhearted and binds up their wounds."
- **Psalm 126:5** says, "Those who sow in tears Shall reap in joy."
- **Psalm 34:18** says, "The LORD *is* near to those who have a broken heart and saves such as have a contrite spirit."

All these scriptures spoke life into me when I faced emotional pain. If I did not have the promise that God would wipe away all my tears, I would not have hope to face my disappointments. The scriptures tell us to cling to what is good, God is good. His word is good. His promises are good. His faithfulness is dependable. His riches are truly unsearchable. And his understanding, incomparable. I know that God can heal, and I know that God can and wants to heal you.

You are the reason I wrote this chapter.

You are the reason I opened myself up to write a book.

God wants you to know that the pain that is rooted deep down inside can be brought to the surface and healed. We have to bring that pain to Him. You may ask, how? How do I bring this pain to God?

**Second, it is in prayer.** If we do not intentionally set our hearts and minds to having God fix our pain, we will find ourselves suffering in our sins and our coping mechanisms again, much like I was when I was in my abusive relationships.

Identify that you need God to heal you. When God heals us from deep-rooted pains, it happens with time and in parts. When the pain can be traced back to childhood, it will take experiences with God to bring your full and promised healing into your heart. God uses friendships, jobs, churches, broken relationships, failures, mistakes and pain to help us identify that we need God's healing in our lives. Those experiences that have left you hurt, frustrated and disappointed have the greatest potential in your life to bring you closer and much more aware of God's hand, presence and work in your life. Without the pain, you would not have to cry out to him.

Cry out to God. Cry with the brokenness, confusion, resentment and all. Bring all of that part of you to prayer. Cry from a real place. Open your heart to God. Open your mouth and speak to God. Tell God what you want most of all in your pain. Ask God to renew that part of your life. Ask God to free you from generational curses. Ask God to free you from the pain within. When God begins to heal you, forgive those that have offended you. Forgive with Jesus forgiveness, after all, they too are sinners needing a savior. Your healing is a prayer away, a cry away, a tear away, a forgiveness away, a day away. God is faithful and he WILL heal you, set you free and give you a testimony. You belong to the beloved. He is not a respecter of persons.

What he has done for me, He will do for you. I stand with you. I hold your hands up. I point you to your savior. I encourage you. I speak life into you. You will conquer, you will overcome, you will glorify God in your testimony. Magnify the Lord with me, exalt His name, praise Him for what He has done for you and what He is going to do for you.

Begin to thank him, like my father began to thank him. Even in his frailty, his death bed, God was faithful to him. God met my father where he was at and gave him his eternal healing. Keep pressing in God's presence. God completely healed my father emotional and physically in His own timing and in his own way. Maybe it is not on your death bed, but it is now that God is meeting you where you are at. Maybe it won't take an illness to bring you to His arms of healing but, it is taking your experiences that have left you in pain to bring you to Himself eternally. God is going to finish the work he began in you. He began his work in my life at 19 years old. He has been relentless with his love for me, deliverance I need and emotional wholeness he desired for me since the beginning of the world. I have had to figure out the hard way that God loves me, but I DID figure it out. It was His love that took me from that abusive man, false friends, judgmental people and more. It is only because He loves me that He uses my experiences to bring me closer to Himself and His kingdom. His love has brought me out of situations that were meant to leave me broken, confused, abused and forgotten. But his love, his love, his love is everlasting, overcoming, higher and sharper than anything you or I will face in this world.

So I say to you, look up, look to the hills, look to God, look to his everlasting kingdom, his eternal purposes, and His love. This direction will bring you up, out, delivered, set free and ultimately heal and whole. God bless you. I love you in Jesus.