

## Core Questions

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Everyone has soul questions that run deep through their hearts and minds. These questions have to do with our very existence, purpose, and abilities. These questions may nag in the middle of the night or be a constant thought each day. And, until they're answered they can direct our lives and bring deep pain.

Often, without careful thought we can spend our lives trying to answer these questions without even having identified them. This is trying to heal a wound on a foot by putting a band-aid on a head. It's quite typical for a person to work hard to move from uncomfortable to comfortable without figuring out the reason for the discomfort. It's also rather simple to medicate discomfort and pain. A nice donut, coffee, drink, or trip to the internet will often do the trick, albeit temporarily. But, once the distraction or numbing comfort of a substance wears off the source of the discomfort is still there.

There is only one way to escape from this slavish cycle, and that's to identify the source of the pain. Usually it runs deep and far back; deep wounds from childhood and significant relationships that hit our core and cause us to question (or not even develop) significance, security, and/or strength.

Many of these questions come with their own set of lies. I'm only safe if I'm invisible. I'm only valuable if I flaunt my body. I'm strong if I don't have feelings.

And so, the questions nag and the lies talk and we are stuck searching after things for which we don't even know we're searching. A slavery, indeed.

But, there with life comes hope! These core questions can be found and asked out loud. The core lies can be identified and countered with truth. God himself, healthy relationships, therapy, workbooks, groups, Bible studies and other things can all bring light and healing.

*Galatians 5:1 - It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.*

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