

The Deadly, Love-Limiting Blindness of a Spiritual Achilles Heel

Definition

Your Spiritual Achilles Heel (SAH) is “a deadly, love-limiting blind spot in your understanding of God’s ways that is hidden behind your giftedness”.

Your Spiritual Achilles Heel is different from other hidden sins—ways of thinking, speaking and acting that are against God’s ways of love. Your other hidden sins are concealed from you—not because of the blindness that comes from your strongest area of giftedness. 1

Those other sins are hidden from you either because of a lack of knowledge of and belief in God’s Pure Goodness and Pure Love or because your mind is still clouded to God’s teachings regarding love of neighbor, love of enemies, justice, mercy, and compassion in the Scriptures. This latter type of blindness can be caused by the anti-gospel behaviors and / or teachings of your family of origin or by the principles and morals of your current social group or because of the anti-gospel aspects of the current cultures that exist in the world. 2

All these influences tie your mind in knots so you cannot perceive the good news in the gospel as life-giving and hence cannot receive the truths therein as guidelines to live the abundant life.

“They do not believe because their minds have been kept in the dark by the gods of this world. These mind obscuring forces keep them from seeing the light shining on them, the light that comes from the good news about the glory of Christ, who is the image of God.” [2 Cor. 4:4] 3

A great portion of the work to untie these mind bending, cultural knots has already been done or will be accomplished through the togetherness of the multiple skill sets in the Life Transforming Habits in Christ training. 4

However, one's Spiritual Achilles Heel must be addressed separately because of the radical blindness created by its hiding behind your greatest giftedness, the very gift God gave you to serve the body of Christ and/or the common good of society. Your Spiritual Achilles Heel (SAH) is indeed wretched because the blindness it creates in your field of vision deprives you of the necessary awareness to repent of your SAH. Consequently, this blindness inhibits you from knowing the healing beauty and deep peace that comes from such repentance and its expanding your life's potential for goodness and love. 5

Moreover, this blindness impedes access to truly knowing the mind of Christ and thus often prevents you from seeing clearly the Father's will for you at that moment. Moreover, your blindness tends to trigger you to use your God-given giftedness when using the gift in that moment is actually against God's will. While God desires you to use your giftedness at certain times for the larger body of Christ and/or for the common good in society, God also wills that you do not use it in other situations where it will, for example, overwhelm or demean others rather than build them up. 6

Worse still is the fact that you are so blind to your own Spiritual Achilles Heel that you often justify the abusive use of your giftedness, which by its misuse has become harmful and sinful. First, you tell yourself and then others: "That is just who I am." You might even use "spiritual assessment" tools or other "personality test" and "personal profiles" to justify your blindness. 7

In other words, you equate your giftedness to the fullness of whom God created you to be. You assume because of your blindness that that is how God wants you to think and be at all times and in all places. Consequently, you are cut off from receiving an abundance of divine light, grace and insight into "how to" grow more like Christ in various settings where your giftedness is a hindrance to the body of Christ or the others in your daily life. 8

Overall, your SAH blinds you to see and walk along the narrow path of the love and justice demanded by the Scriptures. Because of your spiritual blindness, you do risk falling into a dark pit or, worse, dragging others into the pit with you. 9

These are some of the urgent reasons why we developed this spiritual process, this tool, to help you identify and conquer your SAH in Christ and by and with the Holy Spirit. It is clearly urgent and essential that you identify and then overcome, with the help of the Holy Spirit, your Spiritual Achilles Heel. 10

A Conversation with God Asking for Help to Overcome One's Spiritual Achilles Heel

My Prayer / Conversation with God to Conquer My SAH

Introduction: The prayer below outlines my journey with God from blindness to sight, from repentance to growth in having more of the mind of Christ—an infinite chasm still exists.

You can use this prayer as a template when you learn—in the next video training—how to identify and master your Spiritual Achilles Heel. Change whatever is necessary so that the prayer fits your best understanding about your own SAH and conforms to the Scriptures. 11

The following prayer regarding my SAH reflects the point I was at in my understanding when I first wrote it on September 9, 2009. Now, May 3, 2017, it is still relevant and only slight changes have been made. 12

Dear Holy Spirit,

You have graciously shown me that my Spiritual Achilles Heel is the other side of my gift of being a researcher/teacher/coach of the self-engineering on one's thoughts and a team builder in your created order and a spiritual director in having the mind of Christ Jesus 24/7. It is you who have helped me discern that my SAH is "being a teacher / coach" when I am outside of the times and places where the Father wants me to teach or coach. You have shown me that I am often "teaching" / "coaching" compulsively in day-to-day life when I should be listening and loving the other first. 13

You have shown me how my quickness of mind tends to compulsively and self-righteously "problem solve" for the other. You have shown me that I tend to retort without thinking and that my quick-witted "humor"—of the quick and able mind you gifted me—is all too often insensitive, cynical and mocking. These are vicious sins that wound the dignity, inner beauty and worth of the other and mock their being created in your image and likeness. 14

"When words are many, the risk is that sin is crouching at the door. A wise person holds their tongue. The tongue of the righteous is choice silver; the lips of the righteous know what is fitting, bring forth wisdom and build others up. A person of understanding holds their tongue, but a person who lacks judgment derides their neighbor—demeans the other." [Pr 10:19-20,31-32; 11:12] 15

"Keep a tight reign on your tongue! If not, you deceive yourself, and your relationship with God is futile." [Jas 1:26] "Everyone should be quick to listen, and slow to speak." [Jas 1:19] 16

Spirit, wisest of all teachers, teach me, therefore, to be very quick to listen, and very, very slow to speak. May I ponder what others say. May I discern not only the truth/falsehood in what I hear but may I also—and perhaps above all else—grasp in myself if in that moment there is an even greater need for me to extend compassion and understanding through attentive listening rather than speaking at all. 17

Spirit, empower me to be so slow to speak that I can hear myself

18 speak even before I speak. May I rein in my tongue when I should not speak. Enlarge my heart when I should show deep compassion for the other.

Spirit, you have shown me that my SAH does not just apply to my compulsive, unregulated babbling lips but also to my babbling, rapid-fire mind that can create lies at high speed and rationalize anti-gospel behaviors. Such lies allow evil thoughts to take root in me, stall Christ-like growth in me and bear relationship destroying fruit, even the fruit of death to love and kindness and killing mercy, compassion and purity. Instead of having the mind of Christ, I become a teacher of crafty, bright lies that actually promote darkness and evil.

19 I repent!

Most gracious Holy Spirit, you have also shown me that I cloud my own mind in order to justify my propensity to indulge in self-gratification and to avoid the initial pain in pursuing the Father's will. What a wretched sinner I am. Who can save me? Thanks be to the Father for his Beloved Son, Christ Jesus! [Romans 7:24-25] 20

Divine Coach, help me—guide me—to master my compulsiveness to rationalize evil and to use all temptations to evil as a spring board to do good and to bring the Father's boundless goodness into all areas of my life and through me to the lives of others. 21

Therefore, each hour, or whenever appropriate, Guiding Spirit, Divine Helper and Divine Indwelling Friend, help me look before my mind leaps into rationalizing action. Help me weigh my micro thoughts long before they are on my tongue. Help me to stop rationalizing and creating false justifications that "allow" me to to think or act against God's ways of love. 22

In you there is victory; in you I have hope. Help me, therefore, to confront the momentary pain from any irritation or frustration and the momentary enticement of any form of pleasure and to put powerful brakes on my actions 24/7 so that we, you, Holy Spirit, and I, might safely navigate the horseshoe curves of My Spiritual Achilles Heel and then speed up along the straightaway of the narrow path of love taught by Jesus. 23

Help me, Divine Coach and Teacher, to put my thoughts in slow motion and to weigh even my micro thoughts with you before they take root in me. Help me to hear your voice and ponder before speaking. And, when I finally do speak or let a thought take root in me, help me make sure that what I am thinking or going to say is what is pleasing to ABBA. Then, I will delight in the fruit of the Spirit bubbling up and budding forth in my every thought, word and action and bear fruit of exquisite goodness. 24

Spiritual Coach, Divine Reminder of Jesus' gospel teachings, I am delighted, humbled and honored that you indwell me. By your promptings and power, I shall grow in self-control. By your constant presence in me, I shall become a docile, devoted and disciplined athlete. I will follow all your training instructions. I will run the race to win the crown. I will fight the good fight against my SAH in order to gain the mind of Christ 24/7. Holy Spirit, Come! Let us fight this good fight together. Then, by your inner artistry in me, I shall become a finely sculptured disciple whom Christ can use so that sinners will return to the Father. [Psalm 51]. 25

**Now go on to: CALMS in CHRIST:
6 Steps to Identify and Overcome
Your Spiritual Achilles Heel**