

THERE'S NO JUNIOR HOLY SPIRIT

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Know Your Enemy: Heaviness

“To appoint unto them to console all who mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might call the trees of righteousness, the planting of the Lord, that he might be glorified” (Isaiah 61:3 KJV).

- Abnormal grieving - can't get over a loss (example: Grandma died, and you cry for months.)
- Defilement - feel dirty
- Depression
- Discouragement
- Hopelessness
- Loneliness
- Continual sadness
- Self-pity
- Shame
- Unjustified guilt
- Wounded spirit
- Continual sorrow
- Rejection
- Humiliation

- Whining
- Broken-heartedness
- Gloominess
- Often dress in goth and have hair covering their face.
- Shame - people often hide their face until the spirit leaves
- Think of Eeyore from Winnie the Pooh books

