

THE DIVINE COUNSELOR

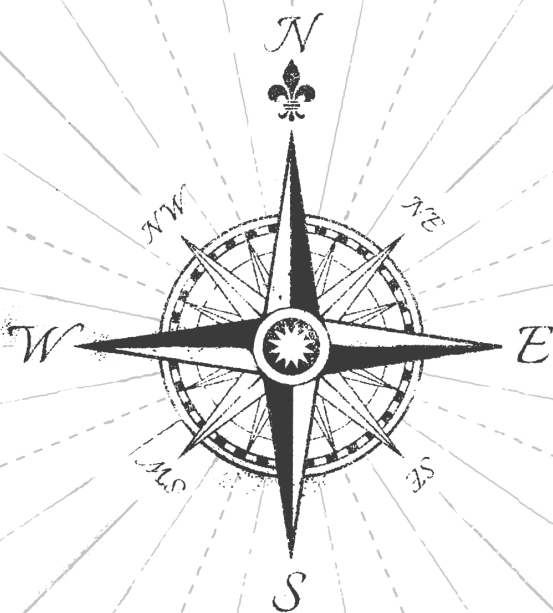


RENEW YOUR MIND, HEAL YOUR SOUL, AND DISCOVER YOUR PURPOSE
THROUGH THE GUIDANCE OF THE HOLY SPIRIT

ALEX SEELEY

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*To Holy Spirit, I pray that these words reveal just how divine
You truly are. Thank You for being my very best friend. X*

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INTRODUCTION



Have you ever imagined being alive when Jesus was on the earth? To see blind eyes open, deaf ears hear, dead bodies come back to life, and demons cower in submission to the power of Jesus Christ? To witness firsthand how He navigated persecution and betrayal? To sit at His feet and receive all of His revelation as He unpacked the Scriptures? To listen to conversations where He confounded the religious spirit? To watch Him pray and connect with the Father and learn how He overcame grief and disappointment when those He loved died and those He trusted betrayed Him? To have access to His wisdom and instruction 24/7—the omniscient God who knows every detail of humanity and has the perfect answer for every issue we face? The disciples walked closely with Him, and yet they were scarcely aware that God Himself was in their midst—the promise of Emmanuel, “God with us,” made flesh and dwelling among them.

Jesus, fully man and fully God, lived in complete submission to both the Father and the Holy Spirit. He modeled what it means to be led by the Spirit of God. He taught us how to walk as sons and daughters within His kingdom, with renewed minds that overcome life's challenges and live abundantly and with great purpose. I often find myself asking the question, “What would Jesus do in this situation right now?” Can you imagine having Him next to you as you face life's most difficult problems?

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The Bible tells us that He was tempted in every way and yet did not sin. He overcame every trial and test with wisdom and power. He did nothing apart from the Father and, by the power of the Holy Spirit, He lived a perfect life here on earth. He spent three and a half years teaching and training His disciples to live with a new kingdom mindset, all while knowing that He would leave them with the assignment to go into all the world, make disciples, and build His church.

Jesus knew His disciples could not live life in abundance and fulfill their assignment on earth without Him, and neither can we. So He promised to never leave them without His power or presence. He said it was better for Him to go so that *the Counselor* could come into close fellowship with them. John 14:16 says, “And I will ask the Father, and He will give you another Helper (Comforter, Advocate, Intercessor—Counselor, Strengtheners, Standby), to be with you forever” (AMP).

Jesus was limited in His body to time, space, and geography while here on earth, and even though He knew He had to go back to the Father and would no longer be able to walk with the disciples in the flesh, He promised another Helper, another Counselor. He said, “I will not leave you as orphans; I will come to you” (John 14:18). He vowed that the Holy Spirit would now be the same Counselor and Helper—just not in fleshly form.

The Greek word for Counselor is *paraklétos* (*paraclete*), which means one who is called alongside.¹ Jesus kept His word by ensuring that we would always have a person of the Triune God to guide, teach, comfort, and walk alongside us—reminding us of all Jesus spoke and helping us to correctly discern His will. The Holy Spirit is the Spirit of Christ, God on earth.

After His resurrection and before His ascension to heaven,

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Jesus said, “I am going to send you what my Father has promised; but stay in the city until you have been clothed with power from on high” (Luke 24:49).

Why would He instruct His disciples *not to leave* Jerusalem until they had the Holy Spirit? You may have heard this called “the baptism of the Holy Spirit” or “being filled with the Spirit.” Jesus was about to baptize them in the Holy Spirit, which would give them supernatural power to live as Christians, just like when the Holy Spirit descended on Jesus at His water baptism before He began His ministry on earth. He knew they would need the same power and authority to be effective witnesses for the kingdom and to endure the trials that were certain to come. And so do we.

He anticipated the days when the disciples would ask, “What would Jesus do if He were here with us?” He refused to leave them without answers, just as He won’t leave us to stumble in the dark. He sent the Holy Spirit to be our Counselor and friend—the one who never leaves our side and is always ready to answer us when we cry out to Him.

Sadly, many Christians either do not understand what it means to be filled and empowered by the Holy Spirit or they underestimate the necessity of needing the Holy Spirit actively working in their lives so they can live righteously and victoriously. The infilling of the Holy Spirit is not a one-time experience. We need the awareness of His presence in our lives on a daily basis. Our world is filled with Christians who struggle through life, even in the best of times. Many are tormented with confusion, anxiety, depression, and fear, which only serve to keep them stuck in a rut of mental and emotional strongholds. These cycles keep us from the life of freedom that is available to us through

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the resurrection power of Jesus that also carries the power of the Holy Spirit. When our lives are controlled by our emotions or the untreated effects of past trauma, we quickly forget that we have *full* access to God Himself and all His wisdom—just as the disciples did—with all His power and authority.

Feelings and emotions are great servants, but they are terrible masters. While they can be important tools and often alert us to something deeper, they can also be unreliable guides that lead us into dark places of despair, destruction, and depression. This is why it is crucial to become Spirit-led as Christ followers. We have a spirit man inside of us who, when submitted to the lordship of Christ, will help us overcome all temptations, struggles, and controlling mindsets. We must know the truth and the truth will set us free.

So, how do we get to know the Truth? How do we live a life of freedom, fulfillment, and purpose? We get to know Jesus Christ through the power of the Holy Spirit. The Holy Spirit reveals the truth through God's Word and helps us develop an intimate relationship with Jesus. If we have been given a Divine Counselor in the Holy Spirit, why wouldn't we depend on His wisdom and instruction to help us in our lives? Let's be honest: We need all the help we can get.

After more than thirty years of pastoring, I can say that many Christians have not tapped into the most powerful source available to us. This is why so many individuals are not living up to their full potential and struggle to live in complete freedom. Too many are attempting to navigate life in their own strength, relying on the flesh rather than being empowered by the Holy Spirit. That is not how God intended for us to live. Galatians 5:1 reminds us, "It is for freedom that Christ has set us free."

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The Holy Spirit was sent by God to be in close fellowship with us, walking and talking with us as if God were with us in the flesh. This brings us back to the garden where life began in perfect harmony between God and mankind. In Eden, God walked with Adam building a relationship with him, guiding him, and instructing him. However, the Enemy deceived Adam and Eve into believing they could gain wisdom and knowledge to become “like God” by eating from the Tree of Knowledge of Good and Evil (Genesis 3:5). Giving into this temptation only brought chaos and confusion to their identities and relationship with God. This act introduced brokenness and independence from God into the world. Now, because of sin, we must live with the consequences of being separated from the perfect counsel of God.

Despite the hopelessness sin brought, God Almighty had a plan to restore hope. His plan was Jesus Christ—His one and only Son—who would come to earth, die on the cross, and rise again to reconcile us back to the original design of intimate relationship with the Father. He never intended for us to be separated from Him. God’s intention has always been for us to live free of shame, guilt, trauma, and sin. The Holy Spirit has been given to us as our Divine Counselor, Helper, Teacher, Guide, and Comforter. But when we fail to seek Him for the answers we desperately need, it shouldn’t come as a surprise why we struggle to overcome life’s challenges. I don’t believe it is for lack of desire. Rather, it may be because we’ve never been taught how to connect with the person of the Holy Spirit. We need to get to know Him, learn how to hear His voice, follow His instruction, and obey Him when He asks us to do the work required to build resilience.

The Holy Spirit has every solution to all our problems. He is

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the Divine Counselor who carries supernatural power and enables us to overcome. We have direct access to Him through Jesus, enabling us to live victoriously in this world. This only happens, however, when we know Him—not just read about Him as if He were a thing rather than a person.

The Holy Spirit is God in Spirit, the Spirit of Christ is the Holy Spirit, and the Holy Spirit is the Spirit of Christ (Romans 8:9–10). The Holy Spirit is here, desiring to live and dwell within us, leading and guiding us into all truth, and setting us up for victory in every area of our lives. He not only wants to walk with us through every crisis we face, but He also wants to be our perfect counselor, instructing and empowering us to live our daily lives. The Holy Spirit guides us through the sanctification process after salvation. *Sanctification* simply means “the process of being set apart, made holy, and made suitable for God’s use, encompassing both a past act of being declared righteous and a present, ongoing process of becoming more like Christ through the power of the Holy Spirit.”²

The Holy Spirit helps us become more like Jesus through His conviction, guidance, and instruction, which we will talk more about in the following chapters. Most important, He desires to be our best friend, not just our teacher. Proverbs 18:24 says, “But there is a friend who sticks closer than a brother,” referring to both Jesus and the Holy Spirit.

As these pages unfold, you will read real-life stories from me and from those I have personally walked with—stories of people who allowed the Divine Counselor to transform them in supernatural ways. The same Spirit of God who led them into freedom can lead you in all truth—24/7, every day of the year—answering questions you thought had no answers and healing the deep

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wounds you are trying to heal. He is the Divine Counselor, He is peace, and He is truth. He is what we are all looking for but have been searching for in all the wrong places.

I am living proof that you can access the Divine Counselor and be changed from the inside out. My life has been transformed. I experienced generational patterns of abuse and rejection that led to addiction, oppression, and self-loathing. Yet with the help of the Divine Counselor, the Holy Spirit, and through time spent listening to and obeying His voice, I am a living testimony that you can live life free of pain and truly live a life abundantly in Christ Jesus, as Scripture promises. We know that “the thief comes only to steal and kill and destroy” but I’m so thankful for the latter part of that verse because Jesus said, “I have come that they may have life, and have it to the full” (John 10:10).

This doesn’t mean that life is free of troubles when you become a Christian. If that is what you have been told, you will be sadly disappointed. The Bible says, “in this world you *will* have trouble.” However, when trouble comes in my life, instead of falling into a pit of despair and destruction, I choose to remember that the end of the verse says, “But take heart! I have overcome the world” (John 16:33).

It’s now up to me to seek and apply the counsel I have received. Because He has already overcome, I can walk with Him, through surrendered obedience to His Word, through each difficulty, and to overcome too. I have become resilient and strong through the struggles of my life instead of being overcome by the heaviness that life can bring. I am living a life I never imagined could be this blessed. I can confidently say, I am an overcomer!

Like all of us, I have access to supernatural peace and spiritual authority in Christ. I have learned how to cast my cares on

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Him because He cares for me. I have learned by the power of the Holy Spirit how to calm anxious thoughts. He has delivered me from addiction, self-loathing, and a spirit of fear. He has given me a sound mind and led me to freedom in every area of my life.

Now I live my life preaching and teaching about the love of Jesus and the power of the Holy Spirit to bring deliverance to those who are bound. I have seen the kindness of God deliver thousands of people and I will spend the rest of my life preaching the truth of God's Word that sets people free. I invite you into this journey of discovering the Holy Spirit as your Divine Counselor. Through revelation of the Scriptures and practical application, you can experience the freedom you have so desperately been searching for.

You are not alone, and you were never meant to scramble through life trying to make it work on your own. Scripture says, "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him and he will make your paths straight" (Proverbs 3:5–6). As you surrender your whole heart and choose to lean on His wisdom and understanding instead of the world's system, He will turn the chaos in your life into peace and give you a beautiful life.

CHAPTER 1



The Pendulum Swing

When we first started meeting in the basement of our home in 2012 before The Belonging Co had a name and it was just a small Bible study, I discovered that many of the men and women attending came from faith backgrounds very different from how I grew up. I quickly realized they also struggled to relate to God in a personal and intimate way. They went to church and most of them did some form of daily Bible reading, but many of them were bound with strongholds they could not break free from. My heart moved with compassion as I looked at so many church attendees who were harassed by their anxious thoughts and felt helpless to overcome their addictions. I knew that my husband, Henry, and I were there for a purpose: to help them discover the freedom found in Jesus through the power of the Holy Spirit.

I took for granted that everyone had been taught about the Holy Spirit and why He is imperative if we want to live as victorious followers of Christ. But there were many people on opposite ends of the spectrum when it came to understanding the Holy Spirit. Some were familiar with His person and work while others were completely unaware of His presence and power. I suddenly

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felt the weight of the responsibility of teaching them not only who the person of the Holy Spirit is, but also the power He has to transform them from the inside out—something most had never learned in the churches they attended.

Some had been taught that the Holy Spirit was bad and not to be engaged with. Others had been told that the gifts of the Spirit ceased after the time of the apostles. Some were told that speaking in tongues was not of God. Others were afraid of this mystical force that seemed more ghostlike than deity, and His reputation was likened to the crazy uncle you try to avoid at family functions. But honestly, they had just never sat in a service where they experienced a personal encounter with the Holy Spirit—until they saw God tangibly move in our basement in our basement. They could not articulate what was happening to them at the time, but the result of those encounters brought freedom and deliverance to their lives in a supernatural way. It was a new revelation that forever marked and changed them.

Not only did they notice the change, but everyone in their sphere noticed it too. That is why our home was packed every Tuesday night—because of this phenomenon of the power of the Holy Spirit moving in people's lives. Over the years, we have had so many people ask, “Why was this never taught to us growing up?” Many others have told us, “I wish I had been introduced to the Holy Spirit sooner. I would have had a different experience with God and my faith would have looked very different. Maybe I wouldn't have made so many mistakes because of following rules and regulations without revelation if I had known about His presence and power.”

Testimonies were pouring in from people who truly encountered God's presence through the power of His Spirit. They

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shared stories of addictions being broken, deep disappointments being healed at the root, and marriages being restored. Some who had suffered abuse as children experienced healing over time that enabled them to forgive their abusers. Those riddled with irrational fear were set free and those serving in full-time ministry felt like they were coming alive in their faith. It was as if they were being resuscitated.

It was like the breath of God—the *ruach* (in Hebrew it means “breath,” “spirit,” or “wind”)—literally the Spirit of God was breathing His fresh breath of life back into their lungs, giving them a second wind.¹ They came alive with fresh purpose and destiny. This was the result of the Holy Spirit encountering each person in a very personal and gentle way. He spoke to each heart, revealing supernatural wisdom and truth that brought deliverance and freedom on an individual level.

One evening I felt led to teach about being baptized in the Holy Spirit described in the book of Acts, which I will explain in detail for you in chapter 6. I began to share with them that Jesus promised us the Holy Spirit and that He is more than just a wind, a force, or a ghost as some had heard. Rather, He is the Spirit of God, given to empower us to live with power and authority as believers. As I concluded, I asked if anyone wanted to be baptized in the Holy Spirit and receive their heavenly prayer language. Many came forward and were immediately filled with the Spirit as we prayed for them while others encountered God in a new and powerful way. However, there was a couple—a young man and young woman—who looked like deer caught in headlights. They just stood there staring, paralyzed by fear. I quickly discerned that something deeper was going on, so I walked over and quietly asked if they were okay.

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The gentleman responded, “Not really. You see, we had a terrible experience in college when we asked for prayer to be baptized in the Holy Spirit. It was one of the most humiliating and traumatic experiences we have ever had. People were shouting and screaming over us saying, ‘Be filled!’ It felt like we were being forced to have an experience we didn’t understand. We left that night feeling overwhelmed and ashamed because nothing happened. They made it seem to everyone else in the room like we had been filled, but we hadn’t. We never went back and have been avoiding anything slightly ‘charismatic’ since then.”

I remember feeling such sadness when I heard their story. It broke my heart. First, because that is not how God operates; and second, because as I continued on this journey of discipleship with those who were attending our Tuesday night meetings, I began to realize they weren’t the only ones. I’ve heard countless traumatic experiences about people being prayed for, especially in charismatic churches. I believe this is why so many have completely swung to the opposite extreme. They were so traumatized by their negative encounters that instead of seeking authentic truth, they reject the concept altogether. In doing so, they miss a facet of God that is essential for our Christian walk.

When a person or an entire generation is negatively impacted by an experience, there’s often a tendency to overcorrect. We end up swinging the pendulum too far in the opposite direction. We not only remove what needs adjusting but also discard what is good. In our overreaction, we end up throwing out the good along with the bad. When a culture or movement swings to extremes, it is often a protective mechanism that says, “I can’t allow this to happen to me ever again, so I will do the exact opposite in order to safeguard my heart and shield myself from pain.”

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The problem is that pendulum swings are always reactionary. If we keep living in reaction, it becomes harder to discern the truth from the lie.

Many believers are torn between two extremes. On one hand, there are those who experienced a performance that brought only confusion and harm to their relationship with God. Many who grew up witnessing over-the-top exaggerated displays, such as being pushed over to make it seem like the power of God was present, along with strange manifestations, were left with deep church wounds. These experiences caused them to feel as though they were being pressured into believing something that wasn't real. As a result, you have the other extreme. There are those who have ignored the movement of the Holy Spirit altogether due to fear or lack of understanding. They made personal vows to avoid anything related to the Holy Spirit.

I think this is what's happened in the church over time. During my thirteen years in the United States, the majority of Christians I have pastored did not have an active relationship with the Holy Spirit while growing up. They were taught about God and Jesus and were encouraged to memorize Scripture, but many of those verses simply remained words on a page that never brought much transformative power to their lives. The Holy Spirit was rarely mentioned in the churches they attended. They would read about the Holy Spirit in the New Testament, but they were never told that He is essential for their daily walk with God. To them, the Holy Spirit was just a force, a wind, a dove, or a symbol of God. How on earth could they relate or engage with that?

This is not a new reaction. It has happened throughout church history. In Acts 2, we read that the Holy Spirit was poured

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out at Pentecost around AD 30, and the outpouring of the Holy Spirit was evident in the movement of the early church. Fast forward to Acts 19, around AD 54, and we see things had already begun to swing in the opposite direction.

While Apollos was at Corinth, Paul took the road through the interior and arrived at Ephesus. There he found some disciples and asked them, “Did you receive the Holy Spirit when you believed?” They answered, “No, we have not even heard that there is a Holy Spirit.” So, Paul asked, “Then what baptism did you receive?” “John’s baptism,” they replied. Paul said, “John’s baptism was a baptism of repentance. He told the people to believe in the one coming after him, that is, in Jesus.” On hearing this, they were baptized in the name of the Lord Jesus. When Paul placed his hands on them, the Holy Spirit came on them, and they spoke in tongues and prophesied. There were about twelve men in all. Paul entered the synagogue and spoke boldly there for three months, arguing persuasively about the kingdom of God. (Acts 19:1–8)

Only twenty-four years had passed, and the church in Ephesus did not even know about the Holy Spirit! Paul needed to reintroduce the church in Ephesus to being baptized in the Holy Spirit. Now, two thousand years later, many Christians are still asking who the Holy Spirit is and whether it is necessary to be baptized in the Holy Spirit. According to Scripture, the religious people condemned Jesus and the apostles for moving in the realm of the power of the Holy Spirit (or operating in the power of the Holy Spirit) through signs, wonders, and miracles.

Today, the religious spirit still hates the Holy Spirit moving

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actively within the church. It loves to control people's behavior through rules and rituals, and it often stands in the way of God moving freely in a person's life. Sadly, this feels similar to our current reality where the church is afraid of the Holy Spirit moving during our Sunday services, concerned it might frighten people away. As a result, church gatherings have become so seeker-friendly that we have forgotten the Spirit's power that is meant to be demonstrated and experienced.

The subject of the Holy Spirit has been a source of contention within the global church, causing breakdowns and divisions. These doctrinal differences have resulted in multiple denominations and stark arguments across the Christian church, creating great confusion for the world. A divided church cannot effectively reach a broken world. This division is another tool in the Enemy's toolbox—one we have willingly handed to him—intended to cause disunity and dissension. While we are busy arguing over our differences, the world is missing out on a united and powerful move of the Spirit of God that can radically transform lives and usher in His kingdom on earth, just as it did in the early church.

Imagine a church that walks and talks like Jesus did on earth. Imagine a church that moves in the same power of the early church, seeing miracles, signs, and wonders. A church that endures through hard times and brings glory to God instead of being overwhelmed by circumstances. A church that stands in unity about the very thing God has promised us. When I say "church," I don't mean the institution of religion but each one of us who makes up the church.

The biblical concept of church (Greek: *ekklesia*) refers to an assembly or gathering of people, not a physical building.² Now,

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imagine what we could accomplish as individuals within this body of believers if we truly understood that the Holy Spirit is not some mystical force that makes people weird. Instead, the Holy Spirit is the power that enables the church to function as beautifully as it was designed, with the supernatural power to bring heaven to earth as Jesus did.

This *is* possible because there is precedent in the Word of God. It's recorded in the Gospels and the book of Acts, and it is still happening across the earth within many individuals and churches. I truly believe no one desires boring religion; we all want to experience the fullness of God. Could it be that the Enemy has strategically introduced counterfeit experiences into some of our lives to make us reject the concept of the Holy Spirit entirely? And in doing so, he keeps us spiritually stunted and bound even though we've already been saved?

The issue is not a lack of desire. It's that so many have received misinformation that has caused our generation to miss out on what we actually need. The Bible is clear, the Holy Spirit is given to us to reveal truth and be our helper, but if we are not taught how to engage with the third person of the Godhead we will continue to walk with God at a level that God never intended for us to live.

In today's church climate, we see a divided belief system—exacerbated by a lack of understanding and knowledge of the Holy Spirit as a person who carries the power to transform lives. Unfortunately, the way the Holy Spirit has been taught or presented to some has caused fear, rather than revealing the beauty of the gift we all have access to. As a result, many Christians with deep emotional wounds are coping instead of truly thriving. When we develop coping mechanisms to treat symptoms rather

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than address root causes with the help of proper counsel and the power of the Holy Spirit, we miss the opportunity to become completely whole and healed.

We must acknowledge that we are fully human, and in accepting Jesus, we also become fully eternal. Both aspects of our identity must be embraced. To neglect either is to deny the fullness of who God created us to be. The Holy Spirit, when we invite Him, reveals the root of our pain. Yet, our humanity often requires a process—a journey of taking responsibility and healing. Sanctification often takes time in the presence of God, community, and godly counsel. While God can bring instant, supernatural healing, it is often through the ongoing process of understanding, following that initial encounter with Him, that the true work begins.

In this sacred journey, the Divine Counselor walks beside us. For some, healing will include the guidance of a trained counselor; for others, it may come through the love and support of friends, family, or community. When we take this personal responsibility, God is the ultimate healer, but He invites us to participate in the healing too.

If every time a problem comes up and your first thought is, *I need to speak to my therapist*, that is not growth. It is dependency on a person to help you with the issues in your life. I do not believe it has to be an either-or when it comes to the ministry of the Holy Spirit and counseling. I believe it can be a both-and with the understanding that our full dependence must be on the Healer to bring lasting transformation to our lives. We must make sure that the emphasis is on allowing the Holy Spirit and the power of Jesus—the omniscient God—to bring freedom and deliverance from spiritual strongholds. These are strongholds

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that only Jesus can heal through the resurrection power of the cross.

Jesus came to earth to heal the brokenhearted, to set the captive free, and to release the oppressed. He did not come to earth to live for thirty-three years, defeat death, hell, and the grave, only for us to simply cope with life. He came so we could overcome, just as He overcame the world for us! As the apostle Paul stated, it was not by eloquent words that the early church was transformed, but by the power of the Holy Spirit.

And my message and my preaching were not in persuasive words of wisdom [using clever rhetoric], but [they were delivered] in demonstration of the [Holy] Spirit [operating through me] and of [His] power [stirring the minds of the listeners and persuading them]. (1 Corinthians 2:4 AMP)

The apostle Paul was constantly leading the church into the truth of the gospel, ensuring they didn't stray or swing the pendulum through false doctrine or the influence of false prophets who added or subtracted from the gospel message. He encouraged the church to use wisdom and to always return to the truth. We must also be careful to do the same because we are all prone to swing to extremes when something is neglected or not cultivated properly.

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WHEN I WANTED TO MOVE TO AN EXTREME DUE TO MY NEGATIVE EXPERIENCE

When I was a young girl, unmarried and without children, I remember making a vow that I would *never* discipline my children through spanking. The discipline I experienced growing up was extremely damaging and abusive. It had a massive, negative effect on my self-esteem, and I didn't want to inflict that kind of trauma onto my children. However, as I received healing through the work of the Holy Spirit in my areas of trauma, I began to ask Him what godly parenting looked like. I asked the Holy Spirit to teach me, lead me, and guide me as I raised my children.

I also had to ask myself an important question: What is the biblical way to raise a family? I didn't want to react to my painful past experiences or repeat history subconsciously. Whatever does not get addressed or healed in our lives, we tend to repeat. I also sought out people around me who had raised well-behaved and emotionally healthy children and asked for their counsel. I didn't want to rely solely on my own ideas but instead sought wisdom from those who had good fruit in their own lives.

Rather than swing the pendulum in self-protection, I chose to ask the Lord what He thought. He led me through the Scriptures, instructing me on how to be led by the Holy Spirit in my parenting. The Holy Spirit is the greatest parent and knows far better than we ever will because He is God. Ultimately, He created my children and entrusted them to my husband and me to raise and steward well. If we learn to take time to read God's Word, be still in His presence, and listen to His voice, He will guide us into all truth and give us the wisdom that leads to peace. This allows us

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to live from a place of clarity and grace rather than living controlled by our emotions or dysfunction.

Have you ever said to yourself, “I will never be like so-and-so,” yet found yourself becoming even worse than they were? Even though we may not intend to repeat what was done to us, if we don’t uproot brokenness or deep pain, we will remain bound to our past. We will see through a broken lens, making decisions to appease our own conscience rather than living from a place of wholeness and a healed heart. This is why we need the Divine Counselor living within us—to help us navigate situations like these and so much more.

No matter how shallow or deep our issues may be, the Holy Spirit really does have the answer for every care and concern. He is willing and ready to give us wisdom and understanding. We simply need to be willing to release our own erratic and reactionary emotions and allow Him to lead according to His truth. He desires to deliver you from all fear and anxiety and replace it with a sound mind that functions at full capacity. This is what the Holy Spirit is designed to do in our everyday lives.

GENERATIONAL FREEDOM BEGINS WITH SAYING YES TO GOD

My mother became a Christian in the charismatic revival that took place in the 1970s. She was baptized in the Catholic Church as an infant, and although her family would say they were Catholic, they didn’t really practice their faith in daily life. As a young girl, she would go to church sometimes with her uncle, and after Mass she would walk around the perimeter of

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the chapel, looking at the Stations of the Cross. She was deeply moved by the death of Jesus and would often ask God the big questions she had about her life. Yet even though she was moved by His sacrifice for her, she didn't feel like she could hear His voice, and she never would have thought to ask God a question and expect that He would answer. That was the role of the priest. He was the mediator and voice of God for the people. God felt distant and uninterested in what concerned her little heart. Her heart had been so bruised by disappointments and cruel words spoken over her. Still, she dreamed of a life that seemed better than the reality she knew as a young girl.

After immigrating to Australia when she was nineteen years old, she fell into a deep sadness. Being away from home, she felt aimless and was afraid of being in a foreign country, separated from her parents. She married young and had children immediately after. By the time she had her third child, she was searching for more. Her life felt empty, overwhelming, and unfulfilled. At twenty-five, she became a born-again Christian and truly felt a change in her heart. She realized that Jesus had been walking with her ever since she was a little girl, and she made a commitment to follow Him all the days of her life.

Even though she had a radical encounter with Jesus and experienced a newness in her faith, she still struggled with her mental health. Her life had been filled with disappointment, abuse, anger, and rejection. Negative words spoken over her had deeply damaged her self-esteem. The skeletons of her past were locked up tight in the closet of her heart. She never spoke about her struggles or pain. Even though she had become a Christian and regularly attended church, she didn't feel safe to talk openly about what she was going through. To know my mum on the

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exterior was to know the life of the party. Her laughter was loud and contagious, and her hospitality knew no match. She would make everyone feel welcomed and loved cooking for days to prepare a feast for those she loved dearly. But behind that extroverted exterior was the deep pain that she was carrying alone in the depths of her broken heart.

During this era, admitting to emotional or mental health issues was considered extremely shameful. She often told herself, *maybe these issues just have a way of working themselves out*. Please hear me, friend. The issues in our interior life never just “work themselves out.” This is why I am so passionate about writing this book—because like myself for such a long time, I

The issues in
our interior life
never just “work
themselves out.”

keep seeing men and women focus on building their exterior lives while neglecting their interior lives, which are crumbling and impacting not only them but the people around them. The issues of our past and the trauma we’ve experienced *must* be dealt with.

Because she didn’t have the right counsel or proper tools, my mother experienced two nervous breakdowns by the time she was forty. She went to her family doctor, who prescribed sedatives to help “calm her nerves.” The doctor mentioned that she should not drive while taking them, and my mother thought to herself, *These must be powerful drugs*. When she returned home, she took one pill and later described the experience as feeling like she was moonwalking. Everything slowed down, and she felt completely unlike herself. When the effects of the drug wore off, she felt in her heart that the way forward was not simply

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numbing the pain she was in. She didn't like how it made her feel, and she realized she needed something deeper than medication to truly heal her. She felt the Holy Spirit say to her heart, *I want us to face the painful things of your past and walk together to the other side into freedom. If you'll let Me, I will lead you and I will heal the bruised, bloody, and broken places of your heart.*

In that moment, she made a decision that would forever change the trajectory of her life. She threw those pills in the trash and made a declaration to the Lord: "God, if You are telling me the truth, and if You heal my broken heart, I will do whatever it takes to walk in freedom." At that very moment, she asked God to show her the root of what was troubling her heart and through His spirit, He brought revelation to her. He showed her the root of her disappointment: She had been robbed of her education at the age of ten. Her parents had pulled her out of school, and at that moment, a vital piece of her heart was ripped away.

As a young girl, she loved school dearly. It was her place of wonder, hope, and possibility. Being forced to leave the place she loved devastated her. From that point on, disappointments kept hitting her like a relentless tsunami, wave after wave crashing down with every decision that was made *for* her, not *by* her. Each blow stripped away more of her voice, her confidence, and her dreams, until she had no hope left in her heart. That grief didn't stay in childhood. It followed her into her young adult life, casting a shadow over every opportunity. Nothing ever seemed to fall in her favor. She felt trapped in a life she hadn't chosen, isolated and aching, as if the walls of her own heart had become a prison. There was no one to talk to in the small town she was from.

During the time she was attending church, there was a common belief that if you were a Christian, then God had dealt

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with everything in your life at salvation, and from that point on, you were completely fine. You would greet your fellow congregant members with salutations that sounded faith-filled, like, “Praise God! It is wonderful to be in the house of the Lord. Glory, Hallelujah!” You could never show that you were upset or that anything bad was happening at home.

There was also this unspoken rule: If you responded to an altar call and fell to the ground, that one touch at the altar would be enough. You were expected to get up and be all “fixed.” While some people did have radical transformations at the altar and were never the same again, many went back to their pews still riddled with anxiety, fear, and troubled minds—bound to their addictions. There was such an emphasis on the one-touch encounter that many pastors neglected to teach about the long-term sanctification process that happens as we grow in our faith in Jesus and develop our relationship with the Holy Spirit.

My mum was hungry to learn, and she believed in her heart that Jesus could heal her wounds. Because of her conviction, she made it her mission to discover what the Word of God said about her situation. She devoured the Scriptures, spent countless hours praying, and was delivered from the pain and anguish of her past. She recalls being schooled by the Holy Spirit in the secret place. My mum, who could hardly speak English, learned about the things of God because she positioned herself to do the work with the Holy Spirit.

When she attended Bible Studies and church meetings, she would go home and apply everything she learned. She would read the Word and lock herself in her prayer closet until she felt a shift in her spirit, heart, and mind. She was relentless in her pursuit of the Holy Spirit. Every time the Enemy came to accuse

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her mind, she learned to take every thought captive and make it obedient to Christ according to 2 Corinthians 10:5. It was not an easy road, and she stumbled along the way, but my mum went from being a tormented, angry person who was broken from the inside out to a loving, caring prayer warrior who moved in power when she prayed. She chose to live from love and not strive to be loved. “For God so loved the world that He gave His only begotten Son, that whosoever believes in Him should not perish but have everlasting life” (John 3:16 NKJV). Because she had a revelation of His love, she could apply the truths of God's Word in her everyday life. And she is still that woman today.

Through the sanctification process in the school of the Holy Spirit and by being active in her church community, her life has been transformed, and I praise God that she did the work to become the woman God created her to be. I thank God that she did not give up. She has been faithfully walking with the Lord for nearly sixty years. I believe that because she chose to break the generational patterns of thinking and the effects of abuse, she made a way for me to find freedom from the trauma that I would later experience.

I often watched her lock herself away and cry out to God for mercy and healing. I remember sitting outside her closet door, weeping, as I could feel the presence of God coming from that room. She had no other option but Jesus. She didn't know who to turn to, but she found the friendship of the Holy Spirit—her Divine Counselor who would guide her into all truth. She would pray in her heavenly language (tongues) for hours and come out having received revelation straight from heaven that would give her strategy for that day and the next.

She taught me how to lean into discomfort and allow the

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Holy Spirit to heal those dark places so that I could come out on the other side victorious. I am so grateful for the path she forged for me to walk on. She chose not to numb her pain with lesser things or avoid going to the deep places that would require growth. The result was true freedom—a freedom that she walks in with full authority. When we are willing to do the work with the Holy Spirit, we allow Him not only to bring freedom to our lives but to the generations that come after us.

My mum did not have anyone to look up to in her family. Since she was the first person to be born again in her family, it was up to her to be the change for future generations. Maybe you didn't have a mom like I did or someone who could be an example for you, and that's okay. My mum pioneered a new way with the Holy Spirit by her side, and you can too. This is why it is necessary for the church to understand that we are all being sanctified in our walk with Jesus. Through God's Word, He is renewing our minds to be transformed into the likeness of Jesus Christ. He is truth, so when His truth is living inside of us, we have the hope that we can be free, healed, and made whole. However, to say that it happens with one prayer and one touch from God is reckless and dangerous. I believe this mindset has contributed to the mismanagement of people's healing journeys and is one of the reasons we have a generation that is struggling to live in the freedom that Christ died to give us.

OUR DIVINE COUNSELOR

As we journey through these pages, I believe you will learn about and experience freedom as you develop a relationship with

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Jesus through the person of Holy Spirit, your Divine Counselor. Please don't get me wrong. Receiving counsel is an important part of our healing process. I want to make you aware, however, that you have access to a superior counselor in the Holy Spirit, available 24/7, each and every day.

He can guide you in *all* truth and my hope is that I can introduce you to Him and reveal Him as a person. Once you truly know, understand, and see the Holy Spirit as a person, you will want nothing more than to engage with Him, sit in His presence, and ultimately allow Him to transform your entire life.

You have access
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every day

He is the One who knows you better than you know yourself and who has seen every detail of your life—the good, the bad, and the ugly. He is the One who will bring healing to the darkest places if you allow the counsel of God to guide you. It takes practice to hear and recognize His voice, but the more you know Him, the more you can trust Him, obey Him, and walk in greater freedom, which will lead to greater authority. I know this for certain because not only is my mum a completely different person than when she was younger, but I am as well.

I have been a pastor for more than thirty years now, and I have witnessed countless people find true release from strongholds and bondage—freedom they could not achieve by just talking through their problems. You will read some of their stories in this book. The supernatural power of the Holy Spirit has delivered us and given us a new life—one of peace and contentment. It is not a life of perfection or one free from trouble, but

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one that is steadfast, complete with a sound mind and strong heart!

Those who have moved too far on the pendulum swing and cut God out of the equation entirely instead of allowing the counsel of Holy Spirit to bring healing have built a narrative that is so intertwined with worldly views that freedom and healing feel impossible with God. Perhaps many have completely neglected the Holy Spirit because they don't believe He has the power to heal or give wise counsel. Maybe some have become content with life as they know it, resolved to cope the best they know how, receive good advice, and read self-help books instead of seeking "the Helper." While none of this is inherently bad, all of it, without the demonstration of the supernatural power of God, can be only a temporary fix.

As Christians, we need to remember that there is nothing our God is not capable of. We don't get to tell God what He can and can't do. He is God, and we are not. We were never meant to lower our theology of God to fit with our earthly experience. Just because you are not experiencing healing right now does not mean that God cannot heal you. Just because you haven't received an answer to a prayer you have been praying doesn't change the fact that with God all things are possible.

When your belief system does not line up with Scripture and you live life consumed by the problem rather than looking toward the One with the solution, you will miss out on the healing you desire. There is a powerful maturing that happens to your faith when you stay faithful to the promises of God, even when you can't see or feel Him working. As the church, when we fail to teach people how to be strong and equip them to be courageous while enduring hardships, we unknowingly teach a generation

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to become weak, spiritually irresponsible, and unaccountable for their actions. We teach them to make excuses for their behavior instead of providing the tools to help them rise above the mess they are in. For the sake of those we have been entrusted to lead, as well as for the next generation, this has to change.

I have a deep desire to see believers use wisdom and gain understanding for the times we live in, and I believe this generation is rising up to access their heavenly Father and live in the Word of God. “For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and the attitudes of the heart” (Hebrews 4:12). This is why the Bible says, “Keep your heart with all diligence, for out of it *spring* the issues of life” (Proverbs 4:23 NKJV). We must guard our hearts in this battle that rages for our attention, devotion, and conviction. It’s time for us, as Christians, to take control of the pendulum swing by receiving a fresh revelation of who the Divine Counselor truly is in our lives.

As I am penning these words, I am tearing up because I want each one of you to experience the freedom that is available to you. My hope and prayer is that you will discover just how wonderful He is and how much He longs to be in relationship with you. He wants to walk and talk with you intimately through life’s issues, guiding you into all truth so you can live a life that brings glory to God.

Would you take a moment to pray and ask the Holy Spirit to reveal Himself as you read through the pages of this book? Earnestly ask Him to bring wisdom and revelation to you and when He does, apply the tools that are given to you. I promise that when you make a conscious effort to seek Him, you will find

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Him in a new and fresh way. You will meet the person of the Holy Spirit who longs to know you intimately and deeply and be with you more than you will ever understand.

PRAYER

Dear Jesus, my desire is to know You and Holy Spirit in a personal way. I ask You to reveal the Holy Spirit to me as the Divine Counselor as I journey through these pages. I pray that You draw me into close fellowship with the Holy Spirit so that our relationship will grow, and in turn, I will grow. I am hungry to know You in a deep and intimate way. I pray that as I learn more about You, I will discover the freedom that Jesus paid the price for me to encounter. In Your name I pray, amen.

About the Author



Alex Seeley was born and raised in Australia and spent seventeen years pastoring there. It is also where she met and married her husband, Henry. After relocating to Nashville in 2012, they founded The Belonging Co., a church where they minister together to thousands of people each week. She is a passionate teacher of the Word with the unique ability to reveal how the Word of God is applicable to our everyday lives.

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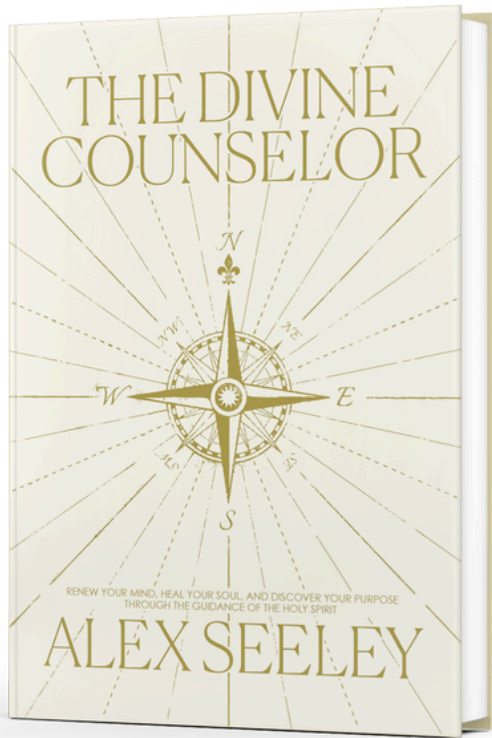
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