

Ye are not straitened in us,  
but **ye are straitened in your own bowels.**  
2Corinthians 6:12

### The Process Of Being 'Straightened In Your Bowels'

This particular subject will probably not make sense to those who have yet to live through this experience, but for those who have I need not be any more direct for you to understand what is being referred to in these passages. There is indeed a solution, so please read to the end.

David wrote:

7 For **my loins are filled with a loathsome disease:** and **there is no soundness in my flesh.**

Psalm 38:7

Paul lamented:

7 And lest I should be exalted above measure through the abundance of the revelations, there was given to me **a thorn in the flesh, the messenger of Satan** to buffet me, lest I should be exalted above measure.

2Corinthians 12:7

Paul admonished:

7 Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.

Romans 8:7

This was Paul's solution:

8 I say therefore to the unmarried and widows, it is good for them if they abide even as I.

9 But if they cannot contain, let them marry: for **it is better to marry than to burn.**

28 But and if thou marry, thou hast not sinned; and if a virgin marry, she hath not sinned. Nevertheless **such shall have trouble in the flesh:** but I spare you.

29 But this I say, brethren, the time is short: it remaineth, that both they that have wives be as though they had none;

1Corinthians 7:8-9;28-29

This was Daniel's description of the latter day Little Horn:

Neither shall he regard the God of his fathers, **nor the desire of women,** nor regard any god: for he shall magnify himself above all.

Daniel 11:37

But for every difficulty, God promises a solution so take heart.

16 Behold, I have created the smith that bloweth the coals in the fire, and that bringeth forth an instrument for his work; and I have created the waster to destroy.

17 **No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgment thou shalt condemn. This is the heritage of the servants of the Lord, and their righteousness is of me, saith the Lord.**

Isaiah 54:16-17

Even Paul completed his lament with a final hope:

The lament:

7 And lest I should be exalted above measure through the abundance of the revelations, there was given to me a thorn in the flesh, the messenger of Satan to buffet me, lest I should be exalted above measure.

8 For this thing I besought the Lord thrice, that it might depart from me.

The hope:

9 And he (Christ) said unto me, **My grace is sufficient for thee:** for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.

2Corinthians 12:7-9

### **Now for the solution.**

**These are the instructions I was given by the Holy Spirit to shut down my own *straightening* process last spring:**

You must first understand that what you are experiencing is the result of a computer program that is constantly adjusting itself to your emotional responses. If you respond with shame, fear, anxiety, anger or humiliation the sensations will exacerbate. If, on the other hand, you remain calm, disinterested & succeed in placing your focus elsewhere (just go about your business) the sensations will gradually dissipate until they are gone completely. For me it took 3 days, but for most people it will take somewhere between 4 days to 3 weeks.

If, during this period, you receive thoughts & visions that you don't want simply declare, 'I refuse to receive that. Christ, please forgive my vulnerability & cover me with your grace.' Then be at peace-your angels will handle the rest.

**And he said unto me,**

**My grace is sufficient for thee....**