



WILLIAMS CHAPEL CHURCH
Chief Apostle Kimberly Nixon, Pastor



Gateway Battles of the Mind

Let's consider a memorable four-part progression that can become a powerful framework for healing and spiritual growth. Here's one way to develop it:

Face It.

Stop running from what is true. Healing begins when we honestly acknowledge what has happened, what we have lost, and what we are carrying. What we refuse to face often continues to shape us. God never asks us to pretend; He invites us to bring the truth into His presence.

"Search me, O God, and know my heart..." (Psalm 139:23, KJV)

Feel It.

Allow yourself to experience the emotions without allowing them to become your identity. Grief, disappointment, fear, and anger are real emotions. God gave us emotions, but He desires to shepherd them rather than have them govern us.

Even Jesus wept. He grieved. He was deeply troubled. **Feeling is not failure.**

Frame It.

Interpret your experience through God's truth instead of your pain. Pain often says, "God has forgotten me." Faith says, "God is still writing my story." **Framing is the process of replacing false conclusions with biblical truth.**

Ask:

- What happened?
- What story have I been telling myself about it?
- What does God's Word say instead?

Free It.

Release what you were never meant to carry (ie shame & guilt). Forgive. Surrender the outcome. Lay down bitterness, vengeance, shame, guilt and control. Freedom is not pretending the wound or experience never happened; it is refusing to let them become your prison.

"Casting all your care upon him; for he careth for you." (1 Peter 5:7, KJV)

A memorable summary:

Face it — acknowledge it honestly.

Feel it — process it safely.

Frame it — interpret it biblically.

Free it — release it completely.



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This process provides a simple pathway from woundedness to freedom while remaining deeply rooted in Scripture.

Don't deny it. Face it. It's not your identity.

Don't bury it. Feel it. It's not your future.

Don't misinterpret it. Frame it. It's not your conclusion.

Don't keep carrying it. Free it." It's not your bondage.

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