

Running in the Dark

by Thom Gardner

One of the great tools available to us these days is the handheld computer better known as the PDA (Personal Digital Assistant). We use them for keeping our busy schedules, for contacts and a number of other things. Though I am not much of a computer kind of guy and generally bluff my way through techno waters with a few “*computereze*” terms I have picked up, I have come to really value my PDA. I have lots of Bible stuff in it and even use it for writing. It has become an important tool for me which I use on a daily basis.

Recently I took my PDA out of its case to get some kind of information only to discover that the battery had run down. When the battery got this low my computer shut down so that I would not lose all of the data stored in the memory. This would be a disaster as I am not good at having to reload stuff. So I put my PDA back in the saddle connected to my PC in order to update and synchronize information and to recharge it. But I noticed the next day, after it had been fully recharged, that the battery was down once again. What's was up with that?

This was far beyond my puny technical ability so I called the manufacturer's tech line and told them about my dilemma. They determined what the problem was after only a short time. They assured me that it was not a problem with the battery or the hardware, but that the computer got locked up. It seems that while I thought I had turned off my PDA there were programs running in the background all the time even though the screen was dark. Something was *running in the dark*. The tech guided me through a simple procedure to determine what was running in the dark in my computer. I discovered that, unknown to me, five different programs were running and sapping power from the battery. I was able to shut down

those programs and then do a “*reset*” to start over again. These programs running in the dark are the things that sap the power and prevent the PDA from doing what it's supposed to do. They drain and compete for the available power to fulfill its purpose.

It occurs to me that all of us as well may have some programs running in the dark as well that keep us from the abundant life and purpose we have in Christ. We need to find out what's running in the dark and then reset—to bring us back to what is real and true.

You and I are programmed from the time we are born and maybe even before. Some of that programming comes from our family culture; some of it from various traumatic or wounding experiences. While we are trying to live in peace this programming is running in the background—in the dark. This programming saps us of our power and anointing compromising our peace and performance.

We need to find out what these programs are that are running in the dark and shut them down so they no longer drain our power. The programs running in the dark are based on things like fear, rejection, low self-esteem, shame, insecurity, defilement or hopelessness. These programs create self talk saying things like, “*I am alone*”, “*I don't belong*”, “*I am not as good*”, or “*I'm not good enough*”, “*I must take control*”, “*and I'll never be able to ...*” or variations and combinations of these and more life-stifling self-statements.

We know what kind of programming is running in the dark because they rob us of peace and compromise the quality of life that is ours in Christ. They make want to run away, or hide, compare our selves, judge ourselves, or any number of things that keep us from God's best.

When I reset my computer it is restored to the original settings programmed by the manufacturer. The manufacturer knows the uses and purpose of the device and programmed it in such a way as to operate most effectively. When I reset my computer it can run the way it was meant to by its maker.

All of this reminds me of inner healing. Through wounding or environmental considerations we became programmed and overloaded in a way that our Maker didn't intend. We can follow the same kind of approach to be restored to emotional health. What follows is a simple way to follow the same kind of process I used to restore my computer to restore our hearts and minds. After all, we are kind of like computers in that we run or live by what kind of programming we have received. Consider the following to turn off what is running in the dark of your own heart.

Recognize that something is running in the dark that is compromising the quality of life you live. Ask yourself when this program seems to switch on—when it is triggered. When do your emotions overwhelm you and begin to dictate how you live and what you do making you run or avoid or some other life-controlling action? I know when something is running in the dark because it saps my strength and anointing and shuts me down just like my computer did when it was out of power.

Review the source of this programming. Where did this set of emotions come from? Do you remember a particular event that felt the same way? Just as various programs were activated at certain points in the past use of my computer, there was some point in time where we were reprogrammed with something that was not true. Use the emotions to find the point of programming.

Reset your mind and heart to the original programming of the Maker. When my computer was locked up I called and asked the maker what was wrong and how to fix it. We do the same thing by asking the Maker, What is true, Lord? What is the original intention and programming you intended? He will reset us with his truth allowing us to live the abundant life He intended and purchased by the blood of Christ.

For further study I recommend reading *Altars of the Heart*, and *Altars of the Heart Personal Ministry Guide* by this author, or *Healing Wounded Emotions* by Dr. David Seamands, or *Beyond Tolerable Recovery* by Dr. Ed Smith who has distilled Theophostic ministry. The best source for finding the truth about your programming is of course the Bible. There are many kinds of topical reference Bibles that will detail the original programming God intended you're your heart and life. We can all pray, "*Restore us to You, O LORD, that we may be restored; Renew our days as of old...*" (Lamentations 5:21 NASU)

Our Maker has made precious promises to reset our minds and heal our hearts.

"He reveals mysteries from the darkness (tells us what's running in the dark) And brings the deep darkness into light (resets us to His original intention)." (Job 12:22 NASU) The Lord will be faithful to lead us to the what is running in the dark of our lives unobserved and restore us to the truth.

'For I will restore you to health and I will heal you of your wounds,' declares the LORD." Jeremiah 30:17 NASU