

### **Session 3**

#### **Banishing Spirits of Oppression**

#### **A reflection on Mark 1:21-29 and 5:1-20**

**By Bonnie Reeves**

When I was a child, I thought the stories of Christ banishing evil spirits from people were very frightening. They reminded me of all the horror movies in which I had hidden my eyes through the scary parts. Movies like “The Exorcise” or “Poltergeist.” I didn’t understand why we had to hear these stories in Church.

As I matured in my studies of scripture, I came to understand that evil spirits can take many different forms and be internal or external. Things such as addictions, obsessions over money, power, work or things, or prejudice and poverty, can cripple or extinguish a person’s spiritual life. Issues that consume your life can weigh you down to the point of giving up.

I believe that Christ’s control over spirits of oppression is absolute. He can help us exorcise our demons if we are able to let go and trust in Him. This is important to me as I know that Christ can help me with the trials and struggles I encounter. During his time on earth, Christ experienced human emotions much like we do. Emotions like love, happiness, sadness, grief and dread. He was betrayed, humiliated, beaten and put to a gruesome death. He understands joy, sadness, pain and physical and emotional suffering. There is nothing in life that you can go through that Christ cannot relate to.

I've had the opportunity to let people know that Christ will provide solace to you if you ask. However, it is important for us to remember that Christ's solution may not be what we were expecting, but given time, we will understand that it is the best solution for us.

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