

Tactical Freedom: The PTSD Offensive is similar to a Military Offensive that utilizes a strategic, assertive and forceful insertion into a hostile territory to secure and occupy that territory. This book is a proactive approach to stopping PTSD by letting God RIP the scab off of the PTSD, so that the poison can drain out and the wound can heal.

# **TACTICAL FREEDOM:**

## **The PTSD Offensive**

by Barry Moffitt

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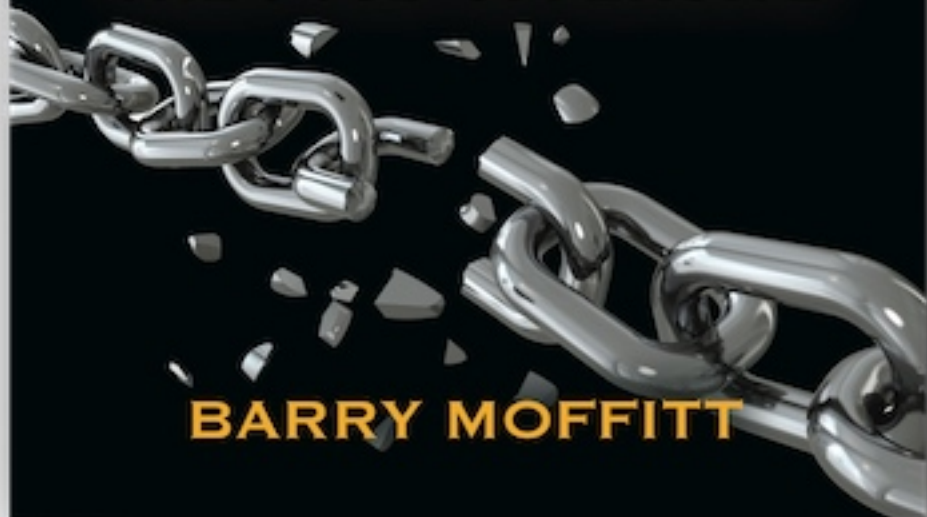
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# TACTICAL FREEDOM

THE PTSD OFFENSIVE



BARRY MOFFITT

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who keep us free and safe.

Our veterans, our armed forces and our first responders.

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## **Chapter 1**

### **Suicidal People**

“Suicidal people don't want to die; they just can't see how to live.”

A good friend of mine, J. T. Cooper, told me that. There is a lot of wisdom in that short sentence, and years of pain and healing to back it up.

J. T. is a Nashville songwriter, singer and Army Veteran, who got the wounds that earned him the Purple Heart in Mogadishu, Somalia.

The incident was made famous by the movie, *Black Hawk Down*, and infamous in the hearts and minds of those on the ground on October 3-4, 1993.

PFC. Cooper survived his injuries that day. His best friend, Jimmy Joe Martin (1), did not. For J.T. and countless thousands like him, moving on was tough.

Seeing how to live is what can be the struggle.

“That part finally makes sense to me.” Says J.T. “Vision is everything. Stop looking in the mirror, look for ways to serve, not be served. That's what you miss the most. That's why we are here.”

Through years of firsthand accounts told to me by Veterans, Police Officers, Correctional Officers, Fire Fighters, Emergency Medical Technicians, Emergency Room Doctors, Nurses and Techs and other First Responders, I've learned that the pain is real, deep, and long lasting.

In my own personal experiences, I've felt the pain and had the dreams.

Through what I have learned and what I am sharing in this book, my wound is healed. I can still see the scars, and they may be ugly, but the scars don't hurt. They just remind me that healing is for real. I hope to help as many people as will let me, find their own peace.

I'm not a doctor or a psychiatrist. I'm not diagnosing you. I'm not treating you. I am going to tell you what helped me and many others be at peace in their minds. It's not always a quick fix. Sometimes, it is.

I'm not going to pull any punches; we are all way beyond that. I will shoot straight!

I've even got a pretty strong question for some of you.

“How's That Working For You?”

If you say, “I won't accept the help I can get from reading this book because you quote the Bible and talk about Jesus.”

I say, “Well, how's that working for you?”

Give me a chance, that's all you and I need. You didn't believe that you could march 20 miles carrying 100 pounds either. Yet you did.

One of my buddies came home after his Marine Boot Camp. Robert told me that on the first day, his DI told him that after six weeks, he would be able to get over a tall wall that the DI was pointing at. He thought, “No way!” But Robert told me that after six weeks, if his DI had told him to chew through that wall he would have just done it.

I want to help equip you spiritually and mentally. I want that when I'm done with you, if you come to a roadblock, or a spiritual wall, you will just scream out “Yes, Drill Sergeant!” as you chew through that wall!

This book is not about church, religion or a denomination. Many of you won't step foot in a church. I get that. But going to church doesn't make you a Christian, any more than going to McDonalds makes you a hamburger.

We are in a mental and spiritual war, so from me, you won't hear condemnation or blame.

You will learn how to be prepared and equipped to take the fight to the enemy. And I've read the back of the Bible, WE WIN!



You have in front of you an opportunity to train for a war that you will win.

You will hear about what the Bible says, and what it means to us now. You will read how to be free, and then, how to continue forward and help Men and Women, who are just like you were, to be free also!

*(1) PFC James Henry Martin, Jr. was assigned as a rifleman with the 2nd Battalion, 14th Infantry Regiment, 10th Mountain Division, Fort Drum, New York.*

*James died in Mogadishu, Somalia on 4 October 1993. He was awarded the Bronze Star and Purple Heart.*

## **Chapter 2**

### **The Elephant in the Room**

We've been told that there is no hope. That some wounds just won't heal.

In the movie *Open Range*, one of the main characters is Charley, a Civil War Veteran. Because of what he experienced, Charley was a recluse, living his life as a traveling cowboy. At one point, Charley met and had feelings for a compassionate woman named Sue. Because of fear and guilt, Charley would not allow himself to be in a position to become emotionally attached to her or anyone else. He explained to Sue what a bad person he had been, but she saw right through him.

Sue explained to Charley, that sometimes we get confused about how the past affects what we believe that we deserve now and what we should have in the future. Sue was dead on as she explained to this combat veteran that what he did, and what happened to him in the past, won't let him see his own potential for the future.

I believe that even though she was on the outside looking in, she knew that he was a good person but that he let himself be blinded to that fact. Because of the dreams and the flashbacks, Charley could only remember the bad.

Post Traumatic Stress Disorder, Battle Fatigue, Combat Stress Reaction, Fatigue, Soldier's Heart, PTSD. There have been many names and many instances.

The mental confusion, emotional withdrawal, mood swings and flashbacks can be joined by physical symptoms such as dizziness, headaches or even chest pains. Any or all of these can be mentally or physically debilitating.

There was mention of similar symptoms in ancient history.

Herodotus, a historian from ancient Greece, wrote about a soldier in the Battle of Marathon in 490 BC. Epizelus, the soldier, suffered from a

condition now known as hysterical blindness, a condition occasionally seen in modern-day combat veterans. From Herodotus' account of the battle, an enemy soldier, a giant of a man, killed a soldier fighting alongside of Epizelus, but spared him. A possible case of survivor's guilt.

While it wasn't until 1980 that Post-traumatic Stress Disorder was actually named that, the mental disorder has been around for as long as bad things have happened. For centuries, PTSD has been misunderstood, ignored, doubted, berated, swept under the carpet, medicated, institutionalized, drowned in alcohol and numbed by drugs.

Thanks to morphine being isolated from opium about fifty years prior to the Civil War, the drug had plenty of time to be refined for use in surgery and as an escape. The epidemic of morphine addiction during the Civil War was called "Soldier's Disease." In all of the wars after, this type of escape was still available to those who sought it. Fifteen percent of soldiers in Vietnam had become heroin addicts by 1971. But many in the trenches knew that going into the jungle stoned meant certain death, or even worse, getting a buddy killed. These warriors, stone-cold sober, faced the demons of PTSD.

Although the disorder has been studied and scrutinized for years, it is still difficult to explain it to someone who has not experienced it.

In 1943, General George S. Patton thought that anyone who could not continue to take up arms and return to the fight, was just a coward. During a hospital visit meant to boost the morale of wounded soldiers, General Patton got angry and tried slapping the PTSD out of two soldiers. Such has been the external battle for an internal war.

Caused by something we saw, heard or felt, something we did or didn't do, whether by choice or by order, accident or intention, as a willing or as an unwilling participant, PTSD is ingrained in our soul. Our soul is our mind, our innermost being. Our personality. We don't want PTSD, and we sure didn't ask for it.

Most of us want to be at peace within ourselves so we Meditate, Medicate, Belly Ache and Fornicate. All of these are tools we use to quiet our inner turmoil. But when you are up to your neck in alligators, it is hard to remember that the main objective is to drain the swamp.

The wound of PTSD, and that's what it is, a wound, is deep and long-lasting. A hard scab forms over this wound, but underneath, there is a raging infection. It is poison! We task ourselves daily to simply survive this deeply ingrained poison in our soul. We try to cover it with pharmaceuticals (legal or otherwise), alcohol or physical and/or mental abuse of ourselves or others (These others are usually the very people that we love the most). We cover it up by withdrawing from family, friends or society in general. We try to, or succeed in, harming ourselves. Anything to cover up the pain of this wound. Sleep becomes an enemy, because when we sleep, everything that we use to cover up the scab washes away. Then the dreams come.

We may cover it every day, but the poison remains.

God told me that He will **RIP OFF THE SCAB, and let the poison drain out so that the wound can heal.**

God offers peace! Inside of the Kingdom of God is peace! Men and women want that peace so bad that it almost looks like desperation. Sometimes it is!

**Matthew 11:12** And from the days of John the Baptist until now the kingdom of heaven suffereth violence, and the violent take it by force.

My West Texas paraphrase is: Men and women want into God's kingdom so earnestly, that it seems like they would break down the walls to get in.

Ripping off a scab to be free of the poison may seem extreme, but God provides you the strength to do it.

Remember the DI? "Get on the other side of that wall!"

“Yes, Drill Sergeant!” You yell back with a mouth full of concrete from that wall!

**Prayer to rip off the scab:**

**Father God, I am hurting! I ask you please give me the strength to let You rip off the scab so that the poison will drain out and my wound will heal. I ask You to please rip that scab off and heal my soul so that I will no longer have this pain. I ask this in Jesus’ mighty Name. Amen.**

## Chapter 4

### Who is This Jesus?

If you look at the pictures that most artists have drawn of Jesus, you see a mousy, pale, small, weak-looking guy. Usually emitting rays of light. If I wanted to lie to you about the strength of someone, that's the person I would describe also. Some weak pansy sitting around whispering.

Jesus was a man! A man's man. He was a construction worker by trade, working with heavy tools, felling heavy trees and splitting rails. Calloused hands. Hard muscles. Odds are, **Jesus could whip your ass in a fair fight!**

**But He chose to save it instead!!!**

Jesus **IS** and **ALWAYS WAS** the **SON OF GOD!** He is now THE High Priest. HE IS our attorney in heaven pleading our case to God the Father.

He **WAS** the perfect sacrifice for our sins. He **IS** the holder of the keys to hell and death. **He WAS and IS the WORD OF GOD!**

**John 1:1-4** In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by Him; and without Him was not any thing made that was made. In Him was life; and the life was the light of men.

**John 1:14** And the Word was made flesh, and dwelt among us, (and we beheld His glory, the glory as of the only begotten of the Father,) full of grace and truth.

**Jesus** is the Word of God come to earth, sacrificed for us and now sitting at the right hand of the Father exercising His authority.

While He was on this earth for thirty-three years, there were times that He set things right for His Father!

**John 2:13-16** And the Jews' Passover was at hand, and Jesus went up to Jerusalem. And found in the temple those that sold oxen and sheep and doves, and the changers of money sitting: And when He had made a scourge of small cords, He drove them all out of the temple, and the sheep, and the oxen; and poured out the changers' money, and overthrew the tables; And said unto them that sold doves, Take these things hence; make not my Father's house an house of merchandise.

**Matthew 21:12-13** And Jesus went into the temple of God, and cast out all them that sold and bought in the temple, and overthrew the tables of the moneychangers, and the seats of them that sold doves, And said unto them, It is written, My house shall be called the house of prayer; but ye have made it a den of thieves.

These weren't folding card tables! They were solid, heavy pieces of furniture.

I wish I could have seen it. Jesus made Himself a whip and ran them all out of the temple like cur dogs out of the hen house. GIT! GIT' ON OUTTA HERE!

Even after Jesus ascended into heaven, we still read about how He showed His physical strength here on earth. Every time we read about Jesus after He ascended, He is seated at the right hand of God... except this one time!

Stephen was a Christian, a good man, and he preached the truth to the religious leaders, not pulling any punches. These leaders got so mad that they attacked him and started biting him:

**Acts 7:55-58** But he, being full of the Holy Ghost, looked up steadfastly into heaven, and saw the glory of God, and Jesus **standing** on the right hand of God, and said, Behold, I see the heavens opened, and the Son of man **standing** on the right hand of God. Then they cried out with a loud voice, and stopped their ears, and ran upon him with one accord, and cast *him* out of the city, and stoned *him*: and the witnesses laid down their clothes at a young man's feet, whose name was Saul.

This Saul guy was a religious leader himself, and he was rounding up Christians, putting them in jail and having them killed.

Jesus was plenty pissed at Saul for helping to kill Stephen and for persecuting and killing the other Christians, so...

**Acts 9:3-5** And as he (Saul) journeyed, he came near Damascus: and suddenly there shined round about him a light from heaven: **And he fell to the earth**, and heard a voice saying unto him, Saul, Saul, why persecutest thou me? And he said, Who art thou, Lord? And the Lord said, I am Jesus whom thou persecutest.

So, Jesus stood up and slapped Saul off of his horse, and His glory was so bright, it blinded Saul! Well, Jesus got Saul's attention. Saul repented and got saved, and then Jesus restored his vision and changed his name to Paul. Paul wrote about three-quarters of the New Testament.

This Jesus was a man's man!

Do you really think that a bunch of rough, tough fishermen would drop what they were doing, leave the very tools of their trade and follow after someone who squeaked at them to "follow me"?

Not a chance. This **real man** walked up to them and in a voice that would stop a charging bull, said, "Follow me, and I will make you fishers of men."

This Jesus gave up everything, to provide for us a way into His kingdom. Adam and Eve gave the keys to the kingdom away to the devil. Jesus had to die a horribly violent death and go to hell to retrieve those keys.

**Philippians 2:6-8** (GNT) He always had the nature of God, but He did not think that by force He should try to remain equal with God. Instead of this, of His own free will He gave up all He had, and took the nature of a servant. He became like a human being and appeared in human



likeness. He was humble and walked the path of obedience all the way to death—His death on the cross.

We hear about it every Easter. Jesus died on the cross. But there was waaaaay more to it than that. Jesus knew exactly what was coming, and on that night before, in the garden as He prayed, He sweated blood! His best friends all fell asleep. Later on, they all lied about even knowing Him.

He was betrayed by one of His closest friends, who brought an army to capture Him.

**John 18:3-6** Judas then, having received a band of men and officers from the chief priests and Pharisees, cometh thither with lanterns and torches and weapons. Jesus therefore, knowing all things that should come upon Him, went forth, and said unto them, **Whom seek ye?** They answered Him, Jesus of Nazareth. Jesus saith unto them, **I am He.** And Judas also, which betrayed him, stood with them. As soon then as He had said unto them, **I am He,** they went backward, and fell to the ground.

The power of God was so strong in Jesus that when He spoke the soldiers were all knocked down. By His words! Jesus could have walked away, but He didn't. Jesus knew that He was to be offered up, as THE sacrifice. The FINAL sacrifice! The old covenant sacrifices were put in place to cover sin. The sacrifice of the Perfect Lamb of God, Jesus, completely washes away our sins.

God's new covenant with us, also provides for our mental and physical well being.

When the soldiers took Jesus to await the trial, they blindfolded Him and punched Him repeatedly in the face. A fun game to them. He stood there silently and took it. After the trial, Pilate had Jesus flogged. Thirty-nine lashes with a whip that had bits of bone attached to the end to rip off flesh. As the judge, Pilate thought that if his soldiers beat Jesus badly enough, the people would just let Him go. It didn't work.

Next, Jesus carried the heavy crossbeam of the cross to the spot of the crucifixion. As they laid Him on that beam and drove the spikes into His hands and feet to hold Him on the cross, our Father God placed all of the sins of the world on Jesus as THE sacrifice for our sins. As He hung on that cross, Jesus became cursed by God, and He didn't even look like a man. **All of these things, He did for us.**

**Isaiah 53:5** But He was wounded for our transgressions, He was bruised for our iniquities: the chastisement of our peace was upon Him; and with His stripes we are healed.

**Jesus was tormented so that we can have peace!**

**Philippians 2:9-11** (GNT) For this reason God raised Him to the highest place above and gave Him the **name** that is **greater than any other name**. And so, in honor of the **name of Jesus** all beings in heaven, on earth, and in the world below will fall on their knees, **and all** will openly proclaim that **Jesus Christ is Lord**, to the glory of God the Father.

After His death, Jesus defeated Hell and Death and took back from the devil the authority that God gave to Adam and Adam gave up to the devil. Jesus took back the keys.

**Isaiah 10:27** And it shall come to pass in that day, that His burden shall be taken away from off thy shoulder, and His yoke from off thy neck, and the yoke shall be destroyed because of the anointing.

The anointing is the tangible presence and power of the Holy Spirit. That tangible power of the Holy Spirit can be utilized in your life to destroy the devil's stronghold, which is weighing you down. Jesus took the weight of all of our burdens upon Himself so that we can fight our battle without having to also shoulder the load.

We will have problems! There is still a fight! Just imagine a 20-mile hike while wearing a 100-pound pack. BUT, there is also provided for you a helicopter flying directly above you with a winch cable attached to that pack keeping the actual weight off of you. You have control of

the pack, you have to get it to the next location where it will be removed, but it is now made light.

When Jesus ascended into heaven, He sent the Holy Spirit to provide for us the very same anointing that He used every day! We have at our disposal, the anointing to win every battle, and to do it with less fatigue.

In Jesus' own words:

**John 14:16 (AMP) And I will ask the Father, and He will give you another Helper (Comforter, Advocate, Intercessor—Counselor, Strengthen, Standby), to be with you forever-**

**Helper:** Greek, *Parakletos*, one called alongside to help.

That same Holy Spirit was on Jesus.

**Luke 4:18-19** The Spirit of the Lord is upon Me, because He hath anointed Me to preach the gospel to the poor; He hath sent Me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, to preach the acceptable year of the Lord.

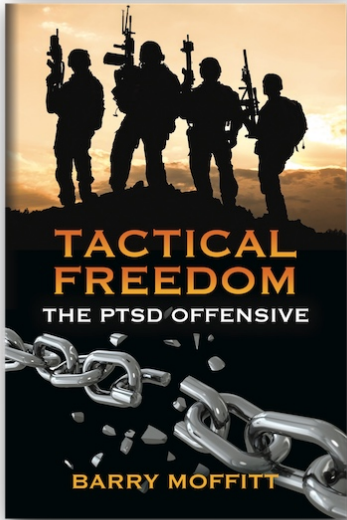
At the Mighty Name of **Jesus**, EVERY knee will bow.

This is my big brother!

**THIS IS THE JESUS I SERVE!**

**Prayer of thanks**

**Father God, thank You for Your Word! Thank You for sending Your Word to live among us as Your Son, Jesus. Jesus, thank You for giving up everything so that we can have everything. Thank You for sending me Your Holy Spirit and the anointing to set me free so that I can help others to be free as well. In Jesus' Name. Amen**



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