



## JESUS HEALS TODAY:

# Healing Our Emotions

*The LORD is close to the brokenhearted and saves those who are crushed in spirit. (Psalm 34: 18)*

### 1. ASSESS OUR WOUNDEDNESS

We grow into what we FOCUS on.

Emotional trauma or hurt can draw our focus. We, in turn, reflect or project that negative focus toward others.

*The eye is the lamp of the body. If your eyes are good, your whole body will be full of light. But if your eyes are bad, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness! (Matthew 6: 22-23)*

A vicious cycle develops. We move subtly yet profoundly deeper into our own destruction. Ironically, we become *more blind* to it as others see its increasing effects. Then we feel a greater need to *justify* our negative behavior (Ps. 50: 16-21). We come to a **crisis point** when we have an opportunity to face the truth of our behavior. Dare to ask God, our small group fellowship to **clarify** potential areas for emotional growth. Here is where true healing can begin.

### 2. ACKNOWLEDGE THE WEEDS and THE WEEDER



Each of us has an emotional landscape much like the farmer's field in Matt. 13: 24-30. We strive to plant good seeds only to have our fondest dreams dashed at the sight of ugly weeds! They are the negative attitudes that rob us of our joy, our freedom, our peace. We try to dig them up only to also dig up some of the good plants and then, we still miss the important weeds.

**PROBLEM: WE ARE TRYING TO RUN THE FARM ON OUR OWN!**

Jesus addressed the lame man in John 5: 6, "*Do you want to be healed?*". He poses the same challenging question to each of us today. If we answer "Yes!", we must trust in His management of our lives. This includes His disposing of our emotional weeds.

I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. (John 15: 1-2)  
Now, once we've assessed our emotional wounds and acknowledged Jesus' loving control over our healing process, we turn to...

### 3. ACTIVATE THE PROCESS OF EMOTIONAL HEALING

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. (Hebrews 12: 1-2)

- ♥ Offer the hurt(s) into Jesus' nail-scarred hands, **trusting** Him completely.
- ♥ Discover the encouraging **promises** of the Bible (2 Peter 1: 4).
- ♥ Ask "Is there anyone I need to **forgive**?" (Matthew 6: 14-15).
- ♥ Allow others to be the channels of Christ's love and truth for us (Mk. 2: 1-5 Let friends carry you when needed). Learn the art of being vulnerable ( 2 Cor. 12: 9-10).
- ♥ Let the Lord do all in His **timing** & wisdom (Phil. 1: 6). (Remember this inner work is a gift from the One who *delights* in you Ps. 18:20)!
- ♥ Watch for the growing sense of His **Peace** (Philippians 4: 4, 8-9)
- ♥ **Thank Him** for His faithful love toward you as you walk the road of healing (1 Thess. 5: 18).
- ♥ Be willing to **minister** God's healing love to others, as the Lord calls. The key element active listening (Galatians 6: 1-3).

#### *SOME RECOMMENDED BOOKS AND AUTHORS:*

Healing for Damaged Emotions David Seamans

Inner Healing, Michael Scanlan

Healing the Hidden Self, Barbara Shiemon

Healing Life's Hurts, Dennis & Matthew Linn

The Healing Light, Agnes Sanford

The Transformation of the Inner Man, John & Paula Sanford

Healing, Francis MacNutt

The Wounded Healer, Henri Nouwen

The Blessing, Gary Smalley & John Trent

Love, Acceptance, and Forgiveness, Jerry Cook & Stanley Baldwin

Caring Enough to Confront and Caring Enough to Forgive, David Augsburger