

HEALING OF EMOTIONS - I

I. AS YOUR SOUL PROSPERS

- A. God's will for total prosperity
- B. Make-up of soul includes emotions
- C. Who's in control?
 - 1. Emotions can work for us or against us
 - 2. Positive or negative emotions

II. TO PROSPER MAY REQUIRE HEALING

- A. need for healing denotes presence of negative
 - 1. Pain, hurt, disappointments, and failures
 - 2. Common emotions
 - a. Anxiety, fear, worry
 - b. Discouragement, depression, hopelessness
 - c. Frustration, anger, uncontrolled temper, rage, bitterness, hatred, hostility
 - d. Resentment, strife
 - e. Produces stress and conflict
 - 3. Topics to be discussed in future sessions
 - a. Anger
 - b. Depression
 - c. Fear
 - d. Forgiveness
 - e. Unconditional love
- B. Dr. S. I. McMillen (None of These Diseases)
 - 1. Emotions such as fear, sorrow, envy, resentment, and hatred are responsible for majority of sicknesses (60-100%)
 - 2. Emotional stress can cause high blood pressure, toxic goiter, migraine headaches, arthritis, heart trouble, gastro-intestinal ulcers
 - 3. Doctors can treat symptoms--not underlying cause of emotional turmoil
- C. Infirmities--without strength or weak
 - 1. Old Testament - Infirmary a physical spot, blemish, defect in sacrifice
 - 2. Heb. 4:15 - "*Have high priest who is touched by feeling of your infirmities*"
 - a. Not just weaknesses, emotional hang-ups, inner conflicts
 - b. Understands frustration, anxiety, depression, hurts, feelings of abandonment and loneliness and isolation and rejection
- D. Besetting sins - in realm of soul
- E. Satan effective in using weapons of guilt, rejection, fear, embarrassment, grief, depression, loneliness, and misunderstanding

III. TWO WAYS OF DEALING WITH UNDESIRABLE EMOTIONAL PROBLEMS

- A. Recognize, but cover up
 - 1. Become increasingly frustrated
 - 2. Lose confidence in power of prayer
 - 3. Sink deeper into disillusionment and despair - alienate ourselves from God
- B. Denial
 - 1. Repress feelings which later surface in all manner of illnesses, eccentricities, unhappy marriages, emotional destruction of children
 - 2. Emotional problems often result from the kind of god, the kind of people, the kind of life we saw, as we looked through the windows of our childhood

IV. COMMON DAMAGED EMOTIONS

- A. Fear
 - 1. Rejection
 - a. Overt or covert
 - b. Rejected children often become rejecting parents
 - c. Will hold you in slavery--fear of being turned down
 - (1) Build forts to defend self
 - (2) Hiding to escape conflict
 - (3) Side step new encounters
 - d. Alibi for failure to protect ourselves in case we fail
 - 2. Failure
 - a. Never take risk
 - b. Stay with what guarantees success
 - c. Limited vision
 - d. Insecurity
 - 3. Success
 - a. More will be expected of us
 - b. More people will criticize us
 - c. Must leave comfort of couch of failure
 - d. Success demands responsibility
- B. Perfectionism
 - 1. Strive for unattainable goals
 - 2. Seeking to please those with high expectations
 - 3. Eliminate activities in which you do not excel
 - 4. Performance oriented -- "works" salvation
 - a. Seek to please
 - b. Value depends on what they do
 - 5. rejecting of self--not good enough
- C. Sense of unworthiness--*Low Self Esteem*
 - 1. Unwanted and unloved as child

2. *"I don't have time for you", "You never do anything right", "Why can't you be like your brother?"*
3. *"I'm no good", "I'll never amount to anything," "Nobody loves me", "Everything I do is wrong", "How could God love or forgive someone like me?"*
4. Faulty theology
 - a. Self-belittling attitude pleasing to God
 - b. Self-belittling attitude part of Christian humility
5. What right do we have of belittling or despising someone God loves so deeply?

V. CAUSES OF CONTINUED EMOTIONAL PROBLEMS

- A. Failure to receive forgiveness
- B. Failure to give forgiveness

VI. THREE TESTS FOR FORGIVENESS

- A. Resentment Test
 1. *Is there someone you resent; never let off hook?*
- B. Responsibility Test
 1. Do you put blame for your behavior on someone else?
 2. If so, need to forgive that someone
- C. Reminder and Reaction Test
 1. Reacting against person because they remind you of someone else
 2. Never forgiven that someone else

VII. CURE

- A. Face problem squarely
 1. Own problem
 2. Confess
- B. Accept responsibility
 1. Stop blaming others
 2. You are responsible for your own actions
- C. Ask self if want to be healed
 1. Want to be healed or just talk about problem
 2. Sympathy
 3. Use as a crutch
- D. Forgive everyone involved in your problem
 1. If forgive, there remains no one to blame
 2. Never to be remembered again
- E. Forgive yourself
- F. Ask Holy Spirit for strength and guidance

VIII. GOD'S DESIRE TO PRODUCE FRUIT OF RIGHTEOUSNESS WITHIN US

- A. Joy, peace, righteousness in the Holy Ghost
- B. Love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance; against such there is no law.
- C. And they that are Christ's have crucified the flesh with the affections and lusts
- D. If we live in the Spirit, let us also walk in the Spirit
- E. Let us not be desirous of vain glory, provoking one another, envying one another