



Notes

What you can learn can help save a person's life - literally!

A. What is Emotional Healing and What is its Purpose?

- You cannot go through life - untouched - without emotional wounding.
- Some people will come to you needing someone to pray with them:
 - ◆ because they have been hurt from relationships
 - ◆ and most often need to extend forgiveness in order that they might be free.
- Whatever the situation, you can be equipped for several reasons:
 1. Because God loves people and wants to see people healed.
 2. Because you love people and want to see them healed.
 3. Because God is the Healer.
 4. Because God has chosen you at a particular time to be His conduit of healing for the person in front of you.
 5. Because you have prepared yourself and said, "here I am God, use me!"
 6. And because God will not leave you on your own, He will help you to bring healing and restoration into broken lives.

B. Pain

Things happen in childhood that can make you want to run away and hide, or wish that you could fly away.

- Wounds can go deep into the core of our being.
- Victims find they have difficulty with feelings, or they can't love and connect with people like they want to.
- They feel overwhelmed with pain - or don't feel any pain at all.
- Nothing in the world can take that kind of pain away - and

Notes

Betrayal is traumatizing.

- It causes the inability to trust and hold our hearts open to others.
- We feel betrayed when we are not believed and blamed.
- Our world view becomes skewed...the world is scary and unsafe.
- We feel abandoned in our pain; we feel that there is no one to go to.

Deep childhood emotional pain or trauma – can affect the ability to trust adults, those in authority, and those who protect us.

Traumatic situations can produce emotional scars of:

- Inability to rest
- Feeling of abandonment
- No place to turn
- No one to go to
- There is no one to help
- When we feel unprotected and vulnerable, we begin to depend on ourselves for strength and protection because there is no alternative. This was never God’s plan for His children.

D. What are the Signs and Symptoms of Emotional Pain:

- Pain can be so great, everyday life can feel too much to bear
- There can be low self esteem
- There can be Shame
- There can be False Guilt
- There may be feelings of Helplessness/Hopelessness
- Our will may have been traumatized
 - ◆ In dysfunction - Many will want to “give their will to Jesus”.
 - ◆ Jesus does not want your will
 - ◆ Our will was God’s gift to us
 - ◆ Our will – gives us the ability to freely choose what we want.
- There may be a feeling of Loss of Control
 - ◆ Feelings of hopelessness and helplessness lead to unconscious attempts to control everything.
 - ◆ One recognizable trait: Perfectionism/performance orientation

Notes

with Jesus Christ.

When the person you are praying for receives God's love into their life:

- ◆ Jesus comes and takes the pain out of the memories.
- ◆ He releases the trauma and the rejection and feelings that can overwhelm a person.
- ◆ Jesus speaks truth into their situation and that truth sets them free.
- ◆ He tells them that they aren't dirty or broken.
- ◆ He says that they are forgiven and wanted and loved.

When you minister to an emotionally hurt person:

- Please remember
 - ◆ You cannot fix them. You are not their savior.
 - ◆ Only God can fix them. Only God can heal them.
 - ◆ God has chosen to use us in the process.

Three things: LISTEN TO THEM, LOVE THEM, PRAY FOR THEM

If I can't fix them – then I can't fail them!!

The Healing Ministry is a **listening ministry** – listening to the person and listening to God. (2 Cor 1:4, "with the same comfort you have received, comfort others.")

Most emotional healing deals with some type of broken relationship with another person or group of people.

What we usually see are: Broken relationships.

- Broken relationships usually happen because of:
 - ◆ what a person has done - i.e. Parent abandons a child
 - ◆ what has been done to them - i.e. A child has been molested.

When we pray – we offer mercy and compassion
not advice or condemnation or judgment.

- If the person is stuck – sometimes there is an obstacle that prevents them from receiving their healing from God.
- A good first question is "God - What do you want me to know?"
- So we ask ourselves, or the Lord:
"What do I need to know about feeling nothing (or hitting the wall)?"
- Sometimes what we perceive as unimportant or an annoying distraction is actually part of the answer.
We need to ask "what do I need to know about this" (or that distraction)

Notes

- Now the painful memory may present itself – and the enemy may try to use it to confuse them or make them feel upset.
- When the person is experiencing the memories, we can start by asking God directly, *“Where are you God in the painful memory?”*
- If we do not see God in the memory, we can ask - *“What keeps me from seeing you, God, in the painful memory?”*
- Now these kind of questions can only be asked if there is time, or you could ask them if they would like to discuss this further at another time.

How do I know that I have heard from God?

- *Would a loving compassionate God say this?*
- *How does the answer compare with Scripture?*
- *Check the communication style of the way God communicated with you.*
- *God almost always communicates on our level.*

What do I expect to happen when we are praying for emotional healing?

- When God is with us in our healing, God will answer us
- God’s peace will emanate through us
- Our story will help us become the person we would have been if we had not been traumatized
- Every part of our healing will help us to be appreciative of what God has done and desires to continue to do.

G. After a Person Has Received Genuine Healing:

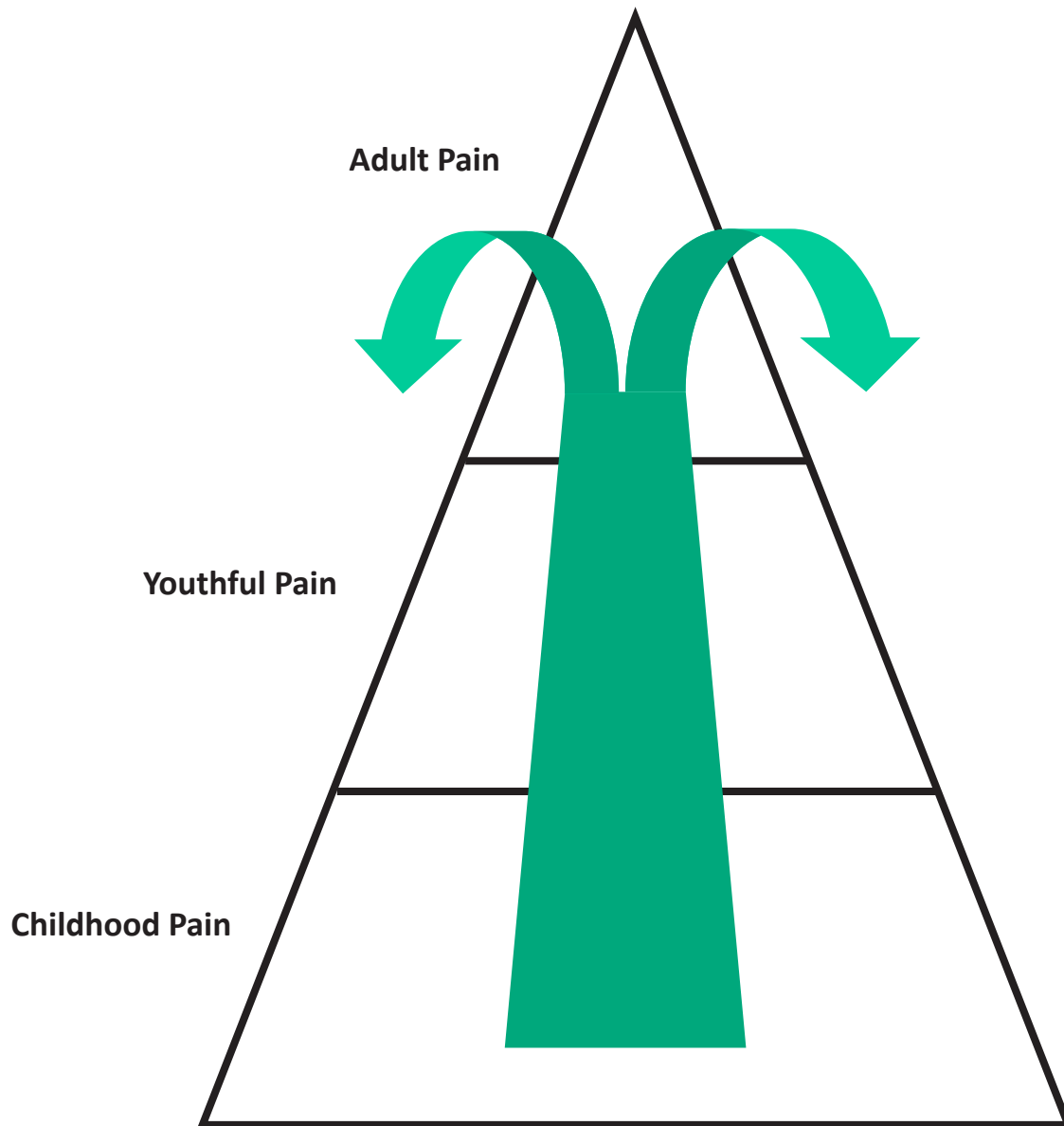
Impress upon them: - The importance of Speaking or Proclaiming “what has happened that changed” in their healing because it is important to “maintain their healing”.

H. How to Maintain Healing

- It is important to write down or speak aloud what happened when we became aware of God’s presence in the memory.
 - ◆ Start by speaking the whole story of your memories out loud to God first. Then sense God’s response to hearing your story.
 - ◆ Speak to anyone that was with you during the process – a healing minister or person praying with you.
 - ◆ Speak to a different person that can rejoice in your experience.

After telling the story 3 times, we find ourselves thinking and

Addendum A
Areas of Pain



Areas of Pain

Addendum B

Places of False Refuge for Comfort or Protection Where Do You Run To?

THOUGHTS / STRONGHOLDS

- Fantasy
- Rationalization
- Critical / Judgmental / Resentful
- Self - Defense
- Confusion
- Indecision / Procrastination
- Victim Mentality
- Self - Pity
- Comparison

EMOTIONAL

- Anger
- Cynicism
- Indifference / Apathy
- Helplessness
- Suppression / Stuffing Emotions
- Remorse
- Pride / Arrogance
- Discouragement

BEHAVIOR

- Need to be right (insecurity)
- Niceness
- Reading (Books, Magazines, Newspapers)
- Pretense ("All is well")
- Withdrawal / Isolation / Sleeping too much
- Passivity
- Control / Manipulation
- Blame
- Overly Responsible / Caretaker / Enabler
- Complaining
- The Noble Martyr (manipulation through guilt)

SELF-ABUSE / SELF-PUNISHMENT

- Verbal (thoughts or words spoken against self)
- Physical (not caring for or hurting oneself)
- Emotional (stuck in negative emotions)
- Spiritual (participating in the occult / witchcraft)
- Sexual (allowing self to be defiled)

ABUSE TO OTHERS

- Verbal (words spoken against others)
- Physical
- Emotional (manipulation)
- Sexual (lust, even with spouse)
- Spiritual (religious control & intimidation)

SUBSTANCE ADDICTION

- Food
- Chocolate
- Caffeine (coffee, energy drinks)
- Tobacco products
- Alcohol
- Cocaine / Marijuana / Other illegal drugs
- Prescription Drugs
- Adrenaline
- Inhalants (nitrous oxide, glue, butane, Freon)

ACTIVITY ADDICTION

- Television
- Video Games / iPads
- Computer / Internet / Smart Phones
- Workaholism
- Busyness
- Excessive Shopping
- Excessive Exercise
- Gambling / Lotteries
- Emotional Experiences (high drama)
- Religious Activities / Christian Conferences
- Cleaning (obsessive - compulsive)
- Avoidance of event(s)

SEXUAL ADDICTION

- Adultery (Spiritual & Physical)
- Pornography
- Masturbation
- Sexual Fantasy
- Homosexuality
- Sexual Defilement of Spouse (manipulation)
- Sexual Abuse of Children

Addendum C

How to Run to God as Our Refuge When Hurt or Wounded

In an attempt to avoid sinful responses and to be a “good Christian”, we are often tempted to deny the emotions produced by our wounds or needs. But suppressing the pain and the need is a subtle way for the sinful nature to deceive us. Instead of simply coming to God; being real with Him about our feelings; and allowing Him to minister to us, we pretend that we do not hurt. Our sinful nature offers to help us to be good and protects us from sin by denying our emotions. Unfortunately, there are no unexpressed emotions. Sooner or later, they come out and usually at the wrong time and at the wrong place.

But most of us see our feelings of hurt, anger, or rejection as ungodly, so we try to push them away and act “nice.” In essence, the sinful nature rises up, disguised as “niceness” which is a potent form of denial. It offers to save us from our emotions and our sinful reactions. It offers to take care of itself. (Remember “it is deceitful above all measures.”) Either way, whether we wrongfully react to hurts or trust ourselves to make sure we don’t react, the sinful nature remains in control. This is what creates religion. Our self-controlled life is trying to please God and convince Him that we are worth saving. Instead God would have us acknowledge our wounds and sinful responses and trust fully in the salvation that He has already provided for us through Jesus Christ.

The Vent and Release Process:

When we are hurt or in need, God wants us to:

1. **Quickly acknowledge** to Him that we are emotionally reacting to something hurtful (anger, hurt, jealousy, frustration, etc.)
2. **Honestly describe** the situation to Him as we see it. Write out and list all of the ways that we were offended.
3. **Forgive the person** who has offended us by using our will and choosing to forgive. “Lord, You are the One Who judges justly. I release this person and all he has done to You. I ask that you cause some good to come out of this for me, for others and even for this person. Please remove all anger, pain and bitterness from my heart.”
4. **Wait quietly in His Presence** and release our pain to Him. Ask Him to remind us when we begin to replay offenses in our mind. Continually release the person and the situation back to Him as often as necessary until we are no longer bothered by it.
5. **Repent** of any sinful reactions we may have had.
6. **Ask God to give us His truth and His perspective.** In asking for His perspective, include “What may I have contributed to this situation? May I see through Your eyes.” It is important to get God’s perspective on all that has happened. It can and will change our hearts.

Addendum D

Who I Am In Christ

I will confess who I am in Christ (Col. 1:27) for the Word of God says:

I AM:

- God's child for I am born again of the incorruptible seed of the Word of God which liveth and abideth forever - I Pet. 1:23
- forgiven of all of my sins and washed in the Blood - Eph. 1:17; Heb. 9:14; Col. 1:14; I Jn. 2:12
- a new creature - II Cor. 5:17
- the temple of the Holy Spirit - I Cor. 6:19
- delivered from the power of darkness and translated into God's Kingdom - Col. 1:13
- redeemed from the curse of the Law - I Pet. 1:18, 19; Gal. 3:13
- blessed - Deut. 28:1-14; Gal. 3:9
- a Saint - Ro. 1:7; I Cor. 1:2; Phil. 1:1
- the head and not the tail - Deut. 28:13
- above only and not beneath - Deut. 28:13
- holy and without blame before Him in love - I Pet. 1:16; Eph. 1:4
- elect - Col. 3:12; Ro. 8:33
- established to the end - I Cor. 1:8
- brought near by the Blood of Christ - Eph. 2:13
- victorious - Rev. 21:7
- set free - Jn. 8:31-33
- strong in the Lord - Eph. 6:10
- dead to sin - Ro. 6:2,11; I Pet. 2:24
- more than a conqueror - Ro. 8:37
- joint heirs with Christ - Ro. 8:17
- sealed with the Holy Spirit of promise - Eph. 1:13
- in Christ Jesus by His doing - I Cor. 1:30
- accepted in the Beloved - Eph. 1:6
- complete in Him - Col. 2:10
- crucified with Christ - Gal. 2:20
- alive with Christ - Eph. 2:5
- free from condemnation - Ro. 8:1
- reconciled to God - II Cor. 5:18
- qualified to share in His inheritance - Col. 1:12
- firmly rooted, built up, established in my faith and overflowing with gratitude - Col. 2:7
- circumcised with the circumcision made without hands - Col. 2:11
- a fellow citizen with the saints and of the household of God - Eph. 2:19
- built upon the foundation of the apostles and prophets, Jesus Christ Himself being the Chief CORNERSTONE - Eph. 2:20
- in the world as He is in heaven - I Jn. 4:17
- born of God and the evil one DOES NOT touch me! - I Jn. 5:18
- His faithful follower - Rev. 17:14b; Eph. 5:1
- overtaken with blessings - Deut. 28:2; Eph. 1:3
- His disciple because I have love for others - Jn. 13:34,35
- the light of the world - Mat. 5:14

- the salt of the earth - Mat. 5:13
- the righteousness of God - II Cor. 5:21; I Pet. 2:24
- partaker of His divine nature - II Pet. 1:4
- called of God - II Tim. 1:9
- the first fruits among His creation - Ja. 1:18
- chosen - I Thess. 1:4; Eph. 1:4; I Pet. 2:9
- an ambassador for Christ - II Cor. 5:20
- God's workmanship created in Christ Jesus for good works - Eph. 2:10
- the apple of MY FATHER'S EYE! - Deut. 32:10; Ps. 17:8
- healed by the stripes of Jesus - I Pet. 2:24; Isa. 53:6
- being changed into His Image!!! - II Cor. 3:18; Phil. 1:6

I HAVE

- the mind of Christ - Phil. 2:5; I Cor. 2:16
- obtained an inheritance - Eph. 1:11
- access by one Spirit unto the Father - Heb. 4:16; Eph. 2:18
- overcome the world - I Jn. 5:4
- everlasting Life and will not be condemned - Jn. 5:24 NIV; Jn. 6:47
- the peace of God which passes understanding - Phil. 4:7
- received power, the power of the Holy Spirit, power to lay hands on the sick and see them recover, power to cast out demons, power over all the power of the enemy and nothing shall by any means hurt me! - Mk. 16:17,18b; Lu. 10:17,19

I LIVE

by and in the Law of the Spirit of Life In Christ Jesus - Ro. 8:2

I WALK

in Christ Jesus - Col. 2:6

I CAN

do all things in Christ Jesus - Phil. 4:13

MY LIFE

is hid with Christ in God - Col. 3:3

I SHALL

do even greater works than Christ Jesus - Jn. 14:12

I PRESS

toward the mark for the prize of the high calling of God - Phil. 3:14

I

always triumph in Christ - II Cor. 2:14
show forth His praise - I Pet. 2:9
possess the Greater One in me because greater is He Who is in me than he who is in the world - I Jn. 4:4

I AM

raised up with Christ and seated in Heavenly places - Col. 2:12; Eph. 2:6
beloved of God - Col. 3:12; Ro. 1:7;

I Thess. 1:4

ONE IN CHRIST !!!!!!!!!!! - Jn. 17:21-23

HALLELUJAH !!!