

Emotional Healing

Emotion is the greatest power there is in the universe

Emotion Definition – a natural instinctive state of mind deriving from one's circumstances, mood, or relationships with others.

- **Seven emotions: Anger, Fear, Disgust, Sadness, Surprise, Contempt, and Happiness...**
- **Closet bondage- things we never want to allow anyone to see and therefore we hide our hurts and healing can never take place.**

Luke 4:17-21 (NKJV)

17 And He was handed the book of the prophet Isaiah. And when He had opened the book, He found the place where it was written:

***¹⁸ "The Spirit of the Lord is upon Me,
Because He has anointed Me
To preach the gospel to the poor;
He has sent Me to heal the brokenhearted,
To proclaim liberty to the captives
And recovery of sight to the blind,
To set at liberty those who are oppressed;***

¹⁹ To proclaim the acceptable year of the Lord."

²⁰ Then He closed the book, and gave it back to the attendant and sat down. And the eyes of all who were in the synagogue were fixed on Him. ²¹ And He began to say to them, "Today this Scripture is fulfilled in your hearing."

3 out of the 5 things Jesus laid out for himself to do, deal with the mental side of things.

- Brokenhearted-to completely break
- Captives-prisoner of war
- Oppressed- set them free

Physical infirmities we can live with and still have joy, but never can our emotions be destroyed and joy continue to reside.

- Physical infirmities are much easier to deal with and to learn to live with.
- ***The interior anguish*** is easier to hide, but harder to live with within yourself.
- **God has a special touch** for people who have been battered, torn, and abused by life's perplexities.
- **Jesus knows right where we are at right now!**

Hebrews 2:14-15 NKJV - Inasmuch then as the children have partaken of flesh and blood, ***He Himself likewise shared in the same***, that through death ***He might destroy*** him who had the power of death, that is, the devil, ¹⁵ and ***release those who through fear*** of death were all their lifetime subject to bondage.

Hebrews 4:15 NKJV – For we do not have a High Priest ***who cannot*** sympathize with our weaknesses, but was in ***all points tempted as we are***, yet without sin.

- **He knows our**
 - **Anger, Fear, Disgust, Sadness, Surprise, Contempt, and Happiness...**
 - Feelings – Hurts – Anxieties – Frustrations - Hang-ups – Problems -
 - Even the number of hairs on our head
- **He accepts us just the way we are!**

Ecclesiastes 4:1 NASB – The Evils of Oppression

Then I looked again at all ***the acts of oppression*** which were being done under the sun. And behold, I saw the tears of the oppressed and ***that they had no one to comfort them***; and power was on the side of their oppressors, but they had no one to comfort *them*.

- **Tears** of the oppressed
- The oppressors had **power**.
- The oppressed had **no comforter**.

Ecclesiastes 4:4 CEV - Then I realized that we work and do wonderful things ***just because we are jealous of others***. This makes no more sense than chasing the wind.

- All travail – Painful and Laborious efforts...
- Every right work, just because we are jealous of our neighbor!

The devil's most powerful tool is DECEIT!

Deceit definition – the action or practice of deceiving someone by concealing or misrepresenting the TRUTH....

Psalm 10:7-10 NKJV - His mouth is full of cursing and deceit and oppression; Under his tongue *is* trouble and iniquity.

⁸ He sits in the lurking places of the villages; In the secret places he murders the innocent; His eyes are secretly fixed on the helpless.

⁹ He lies in wait secretly, as a lion in his den; He lies in wait to catch the poor; He catches the poor when he draws him into his net.

¹⁰ So he crouches, he lies low, That the helpless may fall by his strength.

- **The most common lie from the devil** is that no one cares and no one understands.
- **Even if you told someone, they would not believe you.**
- You ***can't believe in the comforter***, you feel like no one can comfort you.
- ***But the Comforter has come!***
- **HE KNOWS AND HE CARES....**

Luke 4:18-19 – This passage becomes, in a sense, the closest thing to a personal mission statement for Jesus!

¹⁸ ***"The Spirit of the Lord is upon Me, Because He has anointed Me To preach the gospel to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives And recovery of sight to the blind, To set at liberty those who are oppressed; ¹⁹ To proclaim the acceptable year of the Lord."***

- **His ENTIRE Purpose in coming was for you!**

3 MAIN THINGS CAUSE MENTAL ANGUISH

1. Fear- either of failure, of what someone will do to you, fear of fear.

- **Fear is faith in the enemy.**
- Fear will drive people insane, you become afraid of everything.

2 Timothy 1:7 NKJV - For God has not given us a spirit of fear, but of power and of love and of a sound mind.

➤ **Fear is of the devil!**

2. Abuse- physical, mental, sexual, or verbal.

➤ The abuse

- **Is not** your fault!
- **Was not** your fault
- **Cannot** be fixed or wiped away by your continual beating of yourself

Isaiah 42:3 NKJV - A bruised reed He will not break, And smoking flax He will not quench; **He will bring forth justice for truth.**

➤ **Jesus would rather heal than break, and ignite than to quench.**

3. Guilt- the blood covers all of our sin.

➤ ***The very best that you could do cannot compare to the holiness of God.***

Romans 3:25-26 CEV – God sent Christ to be our sacrifice. Christ offered his life’s blood, **so that by faith in him** we could come to God. And God did this to show that in the past he was right to be patient and forgive sinners. This also shows that God is right when he accepts people who have faith in Jesus.

Psalms 103:12 CEV - How far has the Lord taken our sins from us? Farther than the distance from east to west!

➤ **Calvary still works and the blood still flows!**

2 Samuel 12:18-23 CEV -

¹⁸ After the child had been sick for seven days, he died, but the officials were afraid to tell David. They said to each other, “Even when the boy was alive, David wouldn’t listen to us. How can we tell him his son is dead? He might do something terrible!”

¹⁹ David noticed his servants whispering, and he knew the boy was dead. “Did my son die?” he asked his servants.

“Yes, he did,” they answered.

²⁰ David got up off the floor; he took a bath, combed his hair, and dressed. He went into the Lord's tent and worshiped, then he went back home. David asked for something to eat, and when his servants brought him some food, he ate it.

²¹ His officials said, "What are you doing? You went without eating and cried for your son while he was alive! But now that he's dead, you're up and eating."

²² David answered:

While he was still alive, I went without food and cried because there was still hope. I said to myself, "Who knows? Maybe the Lord will have pity on me and let the child live." ²³ But now that he's dead, why should I go without eating? I can't bring him back! Someday I will join him in death, but he can't return to me.

- **David:** Should have been fighting
 - ***Saw a naked woman bathing***
 - Lusted - Called for her - Adultery & baby - Murder
 - **9 months go by** - Birthing - Death
 - Fasted & prayed while the baby was still alive
 - Perceived the child was dead
- ***Arose - Anointed himself - Changed apparel – Worshipped - Ate food***

6 steps to overcoming your past.

- **Arise-** get up and leave the place where you are at, (Bartimaeus), surroundings play a major role in you thought process.
- **What lessons can we learn from Blind Bartimaeus?**
- **Be Humble!**
 - **Bart knew** that he did not deserve mercy so he had no thought of entitlement.
 - **Whenever we come to God** we should humble ourselves.
 - **Call out to Him** – Lord, have mercy on me!!!
- **Washed-** cleansed himself from all of the dirtiness of the past. Not only should we leave all of our belongings or trappings behind us. (laying aside every weight & sin...)

Hebrews 12:1 - So we must get rid of everything that slows us down, ***especially the sin that just won't let go.*** And we must be determined to run the race that is ahead of us.

- **Anointed himself-** reminded himself of **the first anointing** that God has placed on him and **renewed his belief** in the supernatural
- **Changed apparel-** left garments of the past in the past, (old things are past away...)

2 Corinthians 5:17 - Anyone who belongs to Christ is a new person. **The past is forgotten**, and everything is new.

- **Worshipped-** ***God is always worthy*** of worship no matter what, and also thankfulness was bursting in his heart because of mercy
- **Ate food-** ***started his new life immediately***, **never stop** to remember, just go

CLOSE:

Only by our repentance & turning away from our sin will the past lose control on our lives.

Isaiah 1:18 NKJV - “Come now, and let us reason together,” Says the Lord, “Though your sins are like scarlet, They shall be as white as snow; Though they are red like crimson, They shall be as wool.

- **We do not** have to **live under the load of guilt**.

No matter:

What you have done - **Who** you did it with - **How** low in sin you may have went

- ***AFTER REPENTANCE IT IS UNDER THE BLOOD,***
- ***NEVER TO BE REMEMBERED AGAIN!***

Proverbs 28:26 NKJV - He who trusts in his own heart is a fool, But whoever walks wisely **will be delivered**.

Isaiah 26:3 CEV - The Lord gives perfect peace to those whose faith is firm.

PRAISE TEAM:

- **Peace, hope, and joy in the Holy Spirit can be yours today!**

Matthew 18:18 CEV - **Allowing and Not Allowing** - ¹⁸ I promise you that God in heaven will allow whatever you allow on earth, but he will not allow anything you don't allow.

- **SCARS** - Are living proof that God heals!!!