

209 – Growing Free: Emotional Healing

I. Introduction

A. New Spirit but the same _____

B. Two _____

C. Feelings are _____, but are not necessarily _____

II. How Emotions Get Damaged

A. Born in child-like _____

1. Looking for _____

2. Accept ALL _____

3. Trusts _____

4. No fear of _____

5. Safe with other _____

B. Detours

C. Critical Stages

1. Conception
2. Pre-natal
3. Birth
4. 4th - 5th years
5. Puberty
6. Rite of passage
7. Middle-age
8. Retirement

III. Dealing with Emotions

A. How can they help us?

1. Feelings are indicators of _____ issues.
2. Feelings reveal areas to _____
3. They are not _____ or _____.

B. What to do with feelings

1. _____ our feelings, without shame.
2. Be willing to _____ and to _____ our feelings with others.

C. You cannot _____ them.

1. We can change our _____, (set your mind) which can result in a change of feelings, but you cannot, by your effort, change your _____.
2. Some people feel guilty for the way they _____.
3. You are not responsible for your _____.

D. _____ should not control us

1. It is not appropriate to _____ feelings; either _____ them to another, or to God.
2. Highly subjective people are often _____ by their emotions.
3. Highly objective people are often _____ to their emotions.

E. The example of Paul

And when I came to you, brethren, I did not come with superiority of speech or of wisdom, proclaiming to you the testimony of God. For I determined to know nothing among you except Jesus Christ, and Him crucified. And I was with you in weakness and in fear and in much trembling. 1 Corinthians 2:1-3, 4-5

IV. Responding to feelings.

A. _____ Flesh

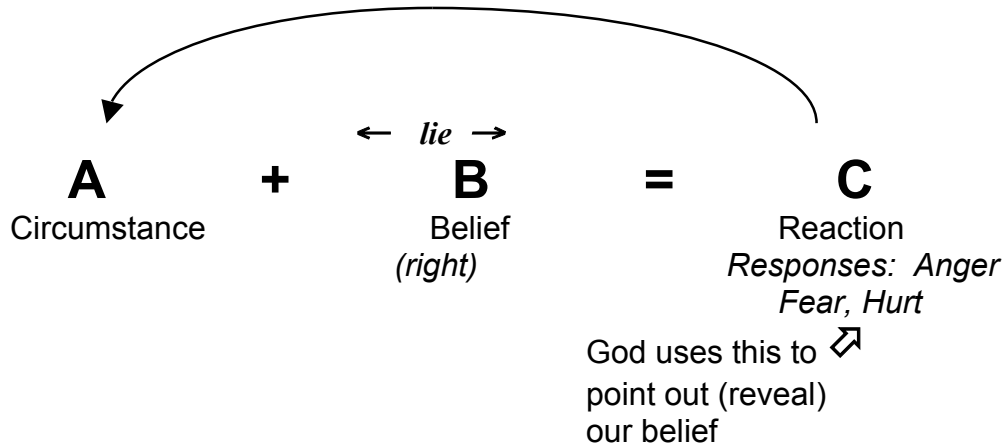
B. _____ Flesh

C. Exchanged Life Response

D. Why Paul was vulnerable with _____

V. Theories on Handling Emotions

A. ABC Theory



1. Accept responsibility for our _____.
2. Ask God “_____”
3. Growing free has to do with growing free from _____.

B. Rapha Theory

Search for Significance, by Robert McGee

This relationship of thinking, feeling, and acting is not always unidirectional. Our thoughts, emotions, and behaviors are dependent on each other; none exists in a vacuum. Changing how we think, feel and act is a process that involves the supernatural work of the Holy Spirit, honesty, time, modeling, affirmation, and truth.

Situations



Beliefs ⇔ **Thoughts** ⇔ **Emotions** ⇔ **Actions**

We often interpret the **situations** we encounter through our **beliefs**. Some of our interpretations are conscious reflections; most of them, however, are based on unconscious assumptions. These **beliefs** trigger certain **thoughts**, which, in turn, stimulate certain **emotions**, and from these emotions come our **actions**. In order for an emotion to persist, our belief system must continue to produce certain thoughts.

C. Tools to identify _____.

D. Belief System test

E. Search for Significance tests

- a. Fear of Rejection
- b. Fear of Failure
- c. Fear of Punishment
- d. Fear of Shame

VI. Freedom from _____ of False Beliefs.

A. Renewing

1. Own _____ for feelings and behavior.
2. Ask God to _____ issues.
3. Claim the truth and _____ the lie.
4. _____ yourself to God.
5. Risk new _____.

B. Forgiveness

C. Identification with _____.

D. Surrender of _____

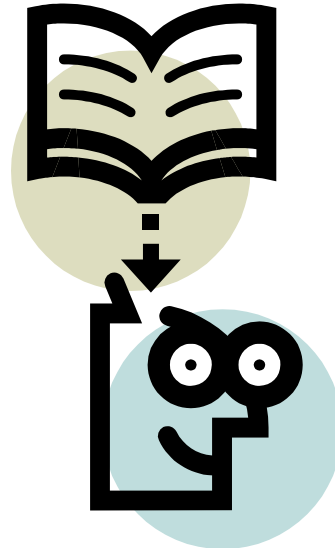
E. Acceptance of _____

Setting Your Mind

“Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. **Set your mind on things above**, not on the things that are on earth. For you have died and your life is hidden with Christ in God.”
Colossians 3:1-3

Four Principles for Setting your Mind

1. You can not set your mind on two things at once.
2. Feelings usually follow what your mind is set on.

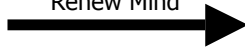


3. If you don't set your mind, it will automatically set on something else.
4. You can't suppress a thought, but you can replace one thought with another.

Feelings

Guilt from the past
Dirty/cheap
Uncared for
Inadequate/helpless
Unacceptable
Stupid
Problems over me
Insecure/unwanted
Incompetent
Unworthy of forgiveness

Renew Mind



God's Truth

Not Guilty – Ro 8:1
Righteous – 2Cor 5:21
Cared for – Phil 4:19
Adequate – 2Cor 3:4-6
Acceptable – Ro 12:1
His Mind – 1Cor 2:16
Problems under me – Eph 2:6
Secure – John 10:28
Complete – Col 2:9-10
Forgiven – Col 2:13

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