

## Program for Sessions

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### Why Emotional Healing (Continued...)

When people come under the effects of unforgiveness no amount of telling them to read the bible more, pray, have more faith, will help them. In fact it will compound the problem because guilt will be heaped on the person as well.

Real freedom from emotional hurt can only become a reality through the power of Forgiveness and by the reality of Christ's atoning work on the cross. There is a need to show them the reality of how Christ identifies Himself with them in that He was falsely arrested, accused, beaten and put to death, Yet the cry of His heart was.....  
*"Father forgive them for they know not what they do!"*  
 It is by helping people understand the forgiveness that they have in Christ that releases an empowerment of the Holy Spirit to enable them to forgive also.....  
 In this sense we find people truly following the example of Jesus in forgiveness.

## Emotional Healing.

### The Process of Emotional Healing.

#### 1) Initial Interview

The whole object of this first part of the healing process is to help the person deal with the root of the problem. This will take the form of recurring sin or unforgiveness towards themselves or another. There is a need for the person to admit the particular problem which is causing them to not live in the fullness of Christ's freedom and wholeness.

#### 2) Repentance

When the person has been willing to admit the problem and face up to their responsibility regarding it, the next stage is for them to come to a place of Repentance. This involves a twofold process:-  
**A)** Saying sorry to God for their part in the particular problem. If this is a recurring sin, then it is to say sorry to God for deliberately choosing to do wrong. If it is holding unforgiveness towards someone then it is to say sorry to both God and the person concerned.  
**B)** the next step of the repentance process is to turn away and let go of the sin itself. True repentance has to go alongside the active decision to stop sinning and to cut off all

*Continued above....*

that would simulate that weakness in our lives. This means if it is anger or unforgiveness that we hold against someone then we need to in prayer give up the right to be angry and the right not to forgive because of the pain they have caused us.

#### 3) Give Up Damaged Emotion

As part of the repentance process it is essential that the person in prayer gives to God the particular damaged emotions and asks God to release them from it. This is important because some people enjoy the attention they get through having damaged emotions. Not only do they need to admit the sin that caused the problem, but also let go of the damaged behaviour that goes alongside it. For others there is a need to recognise that living in a damaged way is not just who they are, ( because they have got used to responding in that particular way.) but that as a new creation God is in the process of creating them into the people He wants them to be.

#### 4) Healing Prayer

When all the above has been done next comes healing prayer. This should be focused around actively applying the blood of Jesus through prayer into the person's life. Words like wash clean, set free, are all words and biblical concepts that can and should be applied in prayer to a person's life so that they can discover and experience the full salvation of Jesus made manifest in their lives. There may also be a need to set the captives free by claiming the authority of Jesus over a person and claiming his power to release and free a person from particular deep rooted Problems. One of the simple facts about unforgiveness is that even when someone has let the debt go and has restored the relationship, the demonic will try to undermine the setting free process by reminding the person being prayed for regularly of the pain and hurt they have experienced.

There is again a need for follow up work to be done.



### Why Emotional Healing?

Throughout our daily lives there are things that we do and that others do to us that are wrong. The result of the pain that is caused through these wrong things can result in unforgiveness and anger at both the individual and ourselves. The bible makes it clear in ( Matt Ch 6 v 14 – 15,) that if we fail to forgive, then we end up living lives full of sin and guilt. This forgiveness that we offer to others is the same forgiveness that we often need to offer to ourselves.

The new birth experience that occurs at conversion does not mean a quick cure for emotional pains and problems experienced in a person's life. As a person journeys on their Christian life, God will take them on a journey of self-discovery. This will result in some people having to face up to damaged emotions and emotional Responses. God takes people to a place of damage in their lives so He might restore them and give them the freedom and wholeness Christ died to secure for them.

Emotional healing is mainly focused around the whole issue of offering forgiveness to both ourselves for mistakes we make and offering it to others. The results of living under unforgiveness can be:- Anger, frustration, fear, anxiety, very sensitive to criticism .

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