

Leaders Notes – Session 5

Title:- **Emotional Healing**



Introduction: Throughout our daily lives there are things that we do and that other 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 ourselves, the individual involved and even the Lord Himself. The bible makes it clear that if we fail to forgive, then we end up living lives full of bitterness, anger, sin and guilt. (Matthew 6 v 14 – 15) This forgiveness that we offer to others is the same forgiveness that we often need to offer to ourselves. Emotional healing is mainly focused around the issue of offering forgiveness to both ourselves for the mistakes we make and offering it to others. The results of living under unforgiveness can be:- Anger, frustration, fear, anxiety, very sensitive to criticism.

Discussion: What do you think are the different things that can stop us growing in our Christian faith?

Teaching Point 1 - Difference between memory healing and emotional healing!

Memory healing is focused on particular situations where someone has been the victim of sinful behaviour. It's focus is on bringing the presence of Jesus into a hurting experience of the past to release someone to live as Christ intended today.

The difference between this and emotional healing is that emotional healing to a great degree deals with self inflicted wounds. These wounds are self inflicted in that a Christian does not live their lives in line with God's will and therefore this opens them up to emotional and spiritual damage. **READ** Ephesians 4 v 20 – 27.

Clearly what is taught in Scripture is that we must put off the old life of sin and worldly responses and put on the new clothes of righteousness. It is a simple fact that through unforgiveness and the results of unforgiveness the devil can get a foothold of division not only in the life of the individual but also in the church. It is fundamentally important that we take the advice of scripture that says, "Do not let the sun go down on your anger."

Emotional healing revolves around those areas of life where we become enslaved to different sins and behaviour which stands against the word of God. This enslavement takes place because we either justify the sinful behaviour we do or we chose to ignore it as sinful altogether.

Discussion: Why do you think even Christians at times hand their lives over to particular sin and unbiblical behaviour?

What do you think the consequences are upon our lives as Christians when we do these things?

What the Bible Says: Romans 6 v 1 – 7, 2 Corinthians 12 v 20 – Ch 13 v 3, Galatians 5 v 16 – 26, Galatians 6 v 7 – 10

Scripture makes it clear that in Christ we experience a New Birth experience that enables us to become morally new people. The reality of this is that we still have free will to make our own decisions. When we give our lives over to sin whether actively or passively our faith is undermined.

Teaching Point 2 - Affects on a Christian of sinful lifestyle

Active unforgiveness or hardened sinning results in our lives in Christ becoming stunted and long term this results in us losing our peace of mind and first love for God. The fruit of this behaviour means our lives can become disjointed, emotions become strained and our Christian desires left unfulfilled. There are people in any Christian church who have got stuck in their Christian faith because they have compromised with sin and therefore have become damaged on an emotional and spiritual level. This emotional damage can blind them to their own sin and leave them feeling unsettled and unfulfilled as a Christian.

Emotional healing is the process that we use to pick up on the symptoms of damaged and stunted Christian development and minister freedom and liberty to them in the name of Jesus by dealing with the root cause.

What the Bible Says: 1 Thessalonians 4 v 1 – 8, James 1 v 19 – 27 1 John 3 v 7 – 10

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