

Leaders Notes – Session 5

Title:- **Emotional Healing**

Continued....



Teaching Point 3 - Forgiveness at the heart of the healing process.

To bring freedom and new growth to those in bondage we need to lead people into a place before Jesus where they can be honest in examining their lifestyle and attitudes. This involves teaching them to confess their sin and receive the freedom of Jesus to live in His fullness once again. The focus of emotional healing is centered around forgiveness.

3 Focuses of forgiveness.

1) Forgiveness from God for sins committed. 2) Forgiveness offered to others who sin against us. 3) Learning to forgive ourselves.

Read and Discussion: Matthew 6 v 12 – 15, Matthew 18 v 21 – 35.

What are the consequences on our lives according to these passages if we don't forgive others?

The real implication of unforgiveness in whatever form it takes is that we are left with the consequences of our sin. This is the quickest way to lose our intimacy with a Holy God. Sometimes this emotional damage can be caused by not being able to forgive ourselves for particular sins committed even though the Lord has forgiven us.

It is important that we look at these things because they are the root of emotional damage which destroy the work of faith in our lives. **IMPORTANT :-** There is a real need for us as Christians to regularly and systematically examine ourselves in light of teaching and repent of any behaviour or attitudes that stand against the Lord's example. Whether it is due to enslaved sinful behaviour or a problem of forgiving others the process of healing and restoration is the same.

Teaching Point 4 - Process of emotional healing

1) Initial Meeting:-

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 not to live in the fullness of Christ's freedom and victory.

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 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 may have caused us.

3) Giving up damaged emotions:-

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 can get from out of control emotions. Not only do they need to admit the sin that caused the problem, but also let go of the damaging behaviour that goes alongside it. For other these 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 a 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 to them. There may be also a need for deliverance prayer to set them free from particular sins that are deep rooted. Follow up work and keeping a covering eye over the person and their area of weakness is important for the demonic will try to tempt them at their points of weakness in the future.