

In Progress: Spirit, Soul & Body - Letting God Heal My Emotions -

1 Thessalonians 5:23; Psalm 34:18; Psalm 147:3

1. God wants to heal my emotions from the guilt I feel for sins I've committed. *Psalm 32:1-4*

2. God wants to heal my emotions from the shame I feel for sins committed against me. *Isaiah 54:4-6*

Shame is the painful feeling arising from the consciousness of something dishonorable done by oneself or another.

3. God wants to heal my emotions from the sorrow and disappointment I feel from living in a sin-filled, fallen world. *Isaiah 53:4-5*

God wants to heal my emotions so that I can be fully alive in my soul to best love Him and others.

- **Acknowledge** my hurt and the emotions that needs healing.
- **Bring** my hurt and the emotional damage to Jesus. *Hebrews 4:15-16*
- **Confess** my negative emotions to Jesus and others. *James 5:16a*
- **Decide** to forgive those who hurt me, and receive forgiveness. *Luke 6:37c; Psalm 116:7-9*
- **Enter** the healing Jesus gives me and enjoy being fully alive in my emotions. *Psalm 116:7-9*

Next week's reading guide:

- 2 Chronicles 20:22-24
- Acts 16:24-26
- Psalm 147:1-3
- Psalm 57:9
- Ephesians 5:18-19
- Colossians 3:16
- Philippians 4:8

Discussion Questions:

1. Share something you've done in your life that you regret. What emotional damage did it do in your life? Are you free from it now?
2. Share something that was done against you, that caused you emotional damage. Have you identified the emotional damage it caused? (shame, or fear of rejection, fear of being insignificant, fear of intimacy).
3. Talk through the ABCDE's of emotional healing. Discuss, ask questions, give testimony if you've done some form of this and it has worked for you.

sermon notes