

Session One:

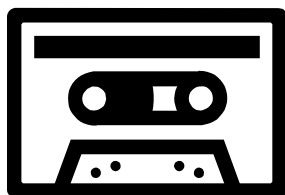
What Is Emotional Healing?

Psalm 147:3



The Central Truth:

God desires to deal with the hurts and wounds of your life. He not only wants to heal you but He wants to change you. He wants to remove the sinful, negative emotions from your life and produce in you positive godly emotions.



The Outline For Your Study:

Emotional healing is the seeking of God for the healing of damaged emotions and the cultivation of godly, positive emotions. It is asking God to remove the past pain and change your responses to that pain. The Bible reveals four basic facts about emotional healing. You are seeking to drain away the poison of past hurts and resentment and then replace it with the fruit of the Spirit. These four basic facts are crucial for the right understanding of God's emotional healing. These four basic facts are:

- ✓ The Source of Emotional Healing - God
(Hebrews 11:6).

- ✓ The Confrontations In Emotional Healing – Damaged Emotions
(Psalm 147:3).

- ✓ The Goal Of Emotional Healing – The Fruit of The Spirit (Galatians 5:22-23).

- ✓ The Degrees Of Emotional Healing (Ephesians 4:31-32).

The degrees of emotional healing are:

a. _____

b. _____

c. _____

What Emotional Healing Is Not

- ✓ It is not salvation.
- ✓ It is not a substitute for personal holiness but a part of it.
- ✓ It is not magic.
- ✓ It is not New Age teaching or philosophy.
- ✓ It is not escape from personal responsibility.



Applying The Truth To Your Life

What do you think of when you hear the words “emotional healing”? How has this study changed or confirmed your beliefs?

Why do you think it is important to believe that God is the Source of emotional healing?

In this study, Dr. Meador says, "Emotional healing is not by chance or coincidence. It does not take place apart from your cooperation with God." What does a person have to confront if he wants to experience healing?

What is God's will for your life? (Galatians 5:22-23)



Seeking The Healer

In this study, Dr. Meador says, "Every believer must pursue God daily for change." What changes need to take place in your life - healing of damaged emotions, removal of sinful, negative emotions, cultivation of positive, godly emotions, or a change in the way you respond to others? Call on God to reveal to you what He wants to do in your life. Ask Him to show you what needs to change in your life.