

FORWARD TO FREEDOM

HEALING DAMAGED EMOTIONS

INTRODUCTION

- ▶ What's the biblical order (priority) for the following 4 words:
Feelings / Faith / Works / Truth ?

① _____ ② _____ ③ _____ ④ _____

- ▶ Emotions are to the soul, what our ability to feel is to our physical body
- ▶ In our current condition, pain is a gift from God
- ▶ God does not condemn us for our emotions, but does ask that we manage them biblically
- ▶ 1 Peter 5:7 - *Cast all your anxiety on Him because He cares for you.*

PRINCIPLE: In order to be _____ with God, we must be _____ with God.

DEALING WITH EMOTIONS... LIKE OUR DASHBOARD WARNING LIGHTS

① _____

Communication = ____% Attitudes + ____% Behavioral + ____% Words

- ▶ _____ for you (Psalm 32:1-5; 39:1-3)
- ▶ _____ (Proverbs 10:18; Matthew 10:26)

② _____ EXPRESSION

- ▶ Example of _____ (John 18:10)
- ▶ _____ for others (James 1:20)

- ③ _____
- ▶ With _____ (Psalm 109)
 - ▶ In _____ (Job 6:24-26; Romans 12:15)
 - ▶ With _____ (Ephesians 4:25-27)
The other person is _____ the _____
They can _____ your _____
 - ▶ Know your _____

PAST TRAUMA

- ① Previous _____ ② Activating _____
- ③ Primary _____ ④ Mental _____
- ⑤ Secondary _____

HOW DO WE GET FREE?

- ▶ We have to go back to the traumatic and hurtful memories and process them correctly through:
 - ① New _____ (2 Corinthians 5:17)
 - ② _____ (Matthew 6:12, 14)



Prayer

Begin your time together by thanking God for the joy of experiencing emotions in this life, but also God's grace for bringing healing to our damaged emotions and times of pain.

My Story

What has been the happiest you have felt during this past week? How did that moment impact the rest of your day?

Digging Deep

- 1) Was there something from this message that encouraged, challenged or enlightened you?
- 2) Why should we consider pain a special gift from God? Has pain ever been beneficial for you? Explain.
- 3) List some of the emotions people feel that might indicate something inside isn't quite right. How do you generally respond when strong emotions like this present themselves in your life?

Digging Deeper

- 4) Explain the following three statements and how they relate to one another:
 - "Emotions are to the soul, what the ability to feel is to the physical body."
 - "If we want to be right with God, we need to be real with God."
 - "If necessary, God will make you real in order to be right."
- 5) Define emotional honesty and dishonesty. Why can it be un healthy for us to either "suppress our emotions" or "let them all hang out?" Discuss healthy ways we be emotionally honest with others.

- 6) Many people are emotionally damaged because of past traumatic events in their lives like molestation, rape, violence, abandonment, or other traumatic events. How can the following ideas help any of us become more emotionally healthy?

- Our new identity in Christ: **2 Corinthians 5:17**
- Forgiveness: **Matthew 6:12, 14-15**

- 7) What do each of the following verses teach us about how we are to deal with damaged emotions?

- 1 Peter 5:7**
- Ephesians 4:25-27**
- Proverbs 15:1**
- Proverbs 12:18**
- Proverbs 29:11**

- 8) Explain the three possible emotional reactions (listed below) when people feel threatened or wounded. Why are the first two options unhealthy? If you feel safe enough in your group, share some examples of when you tried to "manage" strong, negative emotions in a way which was unhealthy. (NOTE: It's OK to be real!)

- *Suppression (denial) of the truth*
- *Indiscriminate expression*
- *Acknowledgement*

Taking it Home

- 9) Reread **Matthew 6:12,14-15**. Is there anyone in your past who caused you emotional pain who you have not forgiven? Are you ready to take this obedient step on your journey to freedom? Forgive that person right now in the name of Jesus Christ for what they did or said.

Praying Together

Pray with your group that we can see our emotions as a gift from God that are intended for our good as well as God's glory. Pray for the needs of your group and ask God to help each of you deal appropriately with damaged emotions so you can be set free.