

PEOPLE AND RELATIONSHIPS

Unresolved Emotions Never Die

5-8-22

- _____ emotions don't die.

Psalm 147:3- He heals the brokenhearted and binds up their wounds.

Steps in God's healing process:

1. I _____ admit my _____.

Psalm 39:2-3- But when I was silent and still, not even saying anything good, my anguish increased. ³ My heart grew hot within me, and as I meditated, the fire burned; then I spoke with my tongue...

Psalm 32:3-4- When I kept silent, my bones wasted away through my groaning all day long. ⁴ For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer.

2. You must replace _____ reruns with _____ truth.

Romans 12:2- Do not conform any longer to the pattern of this world, but be **transformed** by the **renewing of your mind**. Then you will be able to test and approve what God's will is – his good, pleasing and perfect will.

Thought = Feelings = Actions

How to renew your mind:

- A. I ask God to _____ my memories.
- B. I fill my _____ with God's word.

Ephesians 1:4-8 - For he chose us in him before the creation of the world to be holy and blameless in his sight. In love ⁵ he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will- ⁶ to the praise of his glorious grace, which he has freely given us in the One he loves. ⁷ **In him** we have **redemption** through his blood, the **forgiveness of sins**, in accordance with the riches of God's grace ⁸ that he lavished on us with all wisdom and understanding.

3. You must _____ on the future.

Getting rid of painful memories:

Job 11:13-16 - Yet if you **devote your heart to him and stretch out your hands to him**,
¹⁴ if you put away the sin that is in your hand and allow no evil to dwell in your tent,
¹⁵ then you will lift up your face without shame; **you will stand firm and without fear**.
¹⁶ **You will surely forget your trouble**, recalling it only as waters gone by.

A. _____ your heart.

- Doing what is right.
- Asking for forgiveness.
- Granting forgiveness to others.

B. _____ out to God.

- Invite Jesus into every area of your life.

C. _____ firm.

- Pull back the rug.

Job 11:16 - **You will surely forget your trouble**, recalling it only as waters gone by.

Next Steps:

- * Commit to a Bible reading plan
- * Commit to reading the "I am" cards