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Book Review, Healing from Damaged Emotions

LS 101 Developing the Healthy Leader

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Healing for damaged emotions is the book I will be reviewing. The book captured my attention from the first page to the last page. The writer introduces us to David A. Seamands and the topic of healing emotions. I have friends, relatives, and acquaintances who could benefit from these writings. There are many characters and scenarios that will help anyone with damaged emotions. The book was helpful to me and allowed me to be able to identify what are damaged emotions.

The characters that were chosen in our reading are some of the smartest and courageous people I have ever encountered. There is much information and many formulas for achievement that have been put in many books, yet we were blessed with antidotes for multiple successes in this one book. Healing for damaged emotions is a simplistic read, but yet so in depth, helping to alleviate whatever damage you have suffered. The readers of this book will definitely benefit from this collaboration.

What a beautiful and concise read on the healing for damaged emotions. David A. Seamands gives us a tour of many obstacles that impede our journey. Healing for damaged emotions has eloquently displayed the proper course of action when you have been assaulted by damaged emotions.

Dr. Seamands blends clear biblical theology, solid psychology, and practical common sense. The author writes about anger, guilt, depression, inferiority and perfectionism. "That constant and all-pervading feeling that we are not "good enough (Seamands, 5). Then he takes us to the heart of lingering emotional pain and shows how we can find permanent freedom from our inner turmoil and damaged feelings.

The book gives us so many biblical and life inspiring antidotes, it is a fantastic novel from start to finish. I like the simplicity of the titles and the easily understandable resolution. This book outlines in great detail the problem and the ways to resolve your damaged emotions. This collaboration is magnificent. The book is full of substantive and inspirational documentation. After reading this book anyone should be more equipped in the process of combating damaged emotions. The read covers many years of situations and troubles that continue to this very minute. This great collaboration gives you scenarios and testimonies of victory that makes me extremely grateful for this valuable information.

The presentation of some extraordinary facts about understanding the path and the conclusion to correcting damaged emotions are like a road map, it will get you to your destination if you follow the directions. The book introduces us to healing of damaged emotions and many things that may indeed cause emotions to be damaged.

This book can have a life- changing impact on you concerning your emotional state and the healing there of. The assessment of a person's mental state and what it can be was explained with factual and easy to understand language. Learning how to receive healing for damaged emotions inspired me to go higher in Christ. When we allow God to confirm our healing there is no doubt it was done properly. I finished this paper with a better understanding of what emotions were, what healing is, and why we all need it.

I was impressed at the beginning of our reading with Dr. Seamands introduction to us from the pulpit identifying himself as an unlikely candidate to carry forward a profound message he received from God. The selection of many of

us for assignments from God many times seems farfetched. David A. Seamands was reluctant to move forward with the message of emotional healing, until he received affirmation from an older minister from his past. Dr. Smith informed David A. Seamands that his message was one hundred per-cent on target, and he was the man to continue it further. David A. Seamands went on to be a sensational leader after he accepted the affirmation from God through Dr. Smith.

We all have characteristics that are unique for our success in completing our assignment for God. Moses took an adverse situation and had to flee into the wilderness. The course Moses took was not the path most would have taken. Healing sometimes comes from directions we are not aware of. Healing allows us to take challenges and build platforms of success out of them.

Dr. Seamands rise to prominence as an effective vessel of the distribution of the healing of damaged emotions, was not like many today. Dr. Seamands worked the system and found out through the revelation of the Holy Spirit what was effective healing. Dr. Seamands did not fall prey to gimmickry or trickery, he used prayer and supplication to God to reinforce his beliefs and findings. Dr. Seamands eloquently and properly gives all the Glory to God. God uses whom He will and the testimonies affirm that in this book.

The achievements in healing comes out of a pure heart and the anointing of the Holy Spirit is essential. The healing of those with damaged emotions must be your only concern. Self-serving so called stewards cannot get these kind of results. There is too much work involved in healing of damaged emotions and short cuts is not involved. The beauty of the healing of damaged emotions is the obscure often times becomes the most notable.

There are many things that create damaged emotions. Some of us have had physical crisis that have damaged our emotions. Then there are others who have had physical difficulties and the infirmities have allowed us to forge on and get the victory over the physical and emotional damage. Paul one of the greatest men in biblical history needed to become blind before he could rid himself of the hatred that plagued his soul. Many of people seemly have to meet with some physical illness before we can see the need for emotional help. Hatred is a very strong emotion that if we do not arrest it we will be consumed with it.

Internal struggles stay with so long. Internal damage hides itself. We are the only ones who can pull the cover down and expose what the struggle is. The healing cannot begin until we identify that we have a problem. The Holy Spirit “help our infirmities” (Romans 8:26). Why does it take life changing situations for many of us to see there is a need for help? Healing is of God and there is no situation that He cannot remedy. We need to understand our past has nothing to do with God’s immediate help. If you believe and not faint, we will eta the good of the land.

After reading this book the healing of damaged emotions have become easier. Healing of emotions are always difficult. Through reading this book and trying some of the techniques it makes some of the healing process easier. I know for sure we all have some damaged emotions. This book allows you to see yourself or your situation in various settings. Our reading gives us the resolution to the problems we face and a prescription for how to avoid it in the future.

Healing can be a life-long process and only fulfilled by Jesus’s grace and the Holy Spirit. There are many stages of healing damaged emotions and no two people go through it the same way. It was refreshing to read Dr. Seamands statement,

Understanding that salvation does not give instant emotional health offers us an important insight into the doctrine of sanctification. It is impossible to know how “Christians” a person is, merely on the basis of his outward behavior (Seamands, 14). The healing process begins with the initial contact you have with yourself concerning the problem. Healing is one of building blocks of salvation. Knowing what caused the damage allows most of us the platform to reverse the damage. This is a powerful statement, yet very achievable.

According to dictionary.com healing is the act or process of regaining health, growing sound; getting well; mending. God’s healing is when God gives you relief from an infirmity. God is vital in the healing off your damaged emotions. God knows your assignment and purpose and will meet all of your needs emotional and physical to complete the task. God’s healing is not a man-made declaration, but an order from God. When God heals you it supersedes any cure man can create. The truth is you can have other forms of emotional healing, but none of the magnitude God presents. God’s healing is higher and has a deeper manifestation of skills. God does not have a time frame for results, He may not come when you want Him, but He is always on time. But beloved, be not ignorant of this one thing, that one day is with the Lord as a thousand years, and a thousand years as one day 2Peter3:8 KJV.

Why do we wrestle with emotional healing? This is called doubt. Doubt can be the stumbling block that is effecting our results. There does not have to be a stumbling block. If you have faith the size of a mustard seed. It does not take much for God to show up. The blocking of your break through is a spiritual war you are involved in. The weapons of our warfare are not carnal, keep that in mind. The things that block your path to being emotionally healed only make you stronger.

Follow the direction God sets before you, when we do this the process can be completed. The first to our healing is to say I am starting with the man in the mirror. Don't let anyone stop you from being made whole. Opposition can be a stepping stone for your healing. There are many things good and not so pleasant that aids in our emotional healing.

This course has been a tremendous experience for me. I have had many emotional healings over the past thirty-eight years, but after this semester I have a greater understanding of what, when, and, why I was in the place that I was in many times in my life. When you can identify a situation or a problem and you have been briefed on how to transverse through it you become strong and I would even say wise concerning that particular situation. Above all thy getting get an understanding. The ability that God has is astounding He can take an ungrateful and truly undeserving person and take their hurt and pain give the victorious stories. I thank God for allowing me an undeserving vessel to have a seat at the Kings table. Wonderful Jesus.

## Works Cited

1. Seamands, D. (1981). *Healing for damaged emotions*. Kingsway Communications. Colorado Springs, CO
2. Healing [Def. 1]. (n.d.). In *Dictionary.com*, Retrieved December 8, 2017, from <http://www.dictionary.com>.