

HEALING FOR DAMAGED EMOTIONS

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There is an ever-present need for healing memories and damaged emotion. What are these known as in the world of Christianity? They are infirmities. Seamands defines infirmities as a condition which causes an individual to be weak, feeble, frail, cripple or with disease. Also, there can be a personal failing in the mind such as egotism, depression and other mentally challenging circumstances. In an illustration, Seamands Used the life of a tree to offer an understanding of a damaged mind by looking at the rungs in the tree. By observing the rigs in the tree, you will be able to determine the life cycle of the tree. Years of drought rings; years of heavy rain and even years of change through things light lightning and tornadoes. Here in our bodies lie the pains of the past. The hidden emotional traumas that eventually are revealed. These are the factors that determine how we feel about life, God ourselves and others.

A common damaged emotional is a profound sense of unworthiness. This tells you that you are “good-for-nothing.” In this state of mind, over time, anxiety emerges. We sit on a teeter-totter with our emotions one side. We are one day up and one day down. We have no faith in tomorrow. It is a work of the Holy Spirit to help us in our weaknesses by causing us to face the problem, accept our part in it, decide we want to be healed and finally walking in forgiveness all around.

The author refers to the Parable of the Unforgiving Servant (Matthew 18:21-35). In this parable we observe two mind sets. One forgiving and one unforgiving. One person owes a tremendous amount and when asked to pay, he begs for mercy. The debtor forgives his entire debt. As the person leaves, he encounters an individual ho owes him a debt. He demands payment. The person asks for mercy. The person now refused to excuse the small debt ad places

the individual in prison. When this is revealed, the debtor who forgave this man the large debt, calls in the debt and had him thrown in prison as well. He was unwilling to forgive the small debt. The point Jesus made was for His disciples to understand their minds concerning forgiving and being forgiven.

There is a need to understand how we feel when there is a sense of someone owing us and when we owe others. When our emotions are out of control, we place demands on ourselves and others. We sometimes can operate in the extreme and experience rage. When the spirit of unforgiveness enters, it brings with it guilt, resentment and strife. We must understand the cause of the problem. We must allow the work of the Spirit to intercede and cause us to live out our lives under God's unconditional love, grace and forgiveness. It is only then we will be able to give the same love and forgiveness to ourselves and others. Forgiveness frees us from bondage. This is a bondage of anger, resentment, bitterness and guilt. These are strong emotions that can manifest into physical illnesses in our bodies. Jesus taught that if you bring an offering to the altar and remember you have an issue with your person, leave your offering, and go make it right with that person. (Matthew 5:23-24)

The greatest way to settle and appreciate a debt being paid is to look at Jesus' death on the Cross. Because of Christ, we have been made free from the bondage of sin. God's love, grace and mercy has been given us to be forgiven from our sins.

Jesus the Christ is our Savior. He understood our infirmities. In the New Testament of the Holy Scriptures, the Greek word for infirmity is "*astheneia*" which means "a want of strength, a weakness, an infirmity or a crippling." There is great encouragement from Hebrews 4:15, explaining that we have Jesus our High Priest, who was touched with the feeling of our infirmities. Our Blessed savior, Mediator and High Priest knows all about what we go through.

He was wrapped in sinful flesh, yet without sin. He suffered, bled and died for all His people. The cost Christ paid for us is an unveiling of His great love and obedience to the Father. He was despised by so many; His disciples forsook Him in Gethsemane and at the crucifixion, except Apostle John. The Prophet Isaiah, penned these wonderful words of our "Wounded Healer" - *"He was despised and rejected by others, and a man of sorrows, intimately familiar with suffering; and like one from whom people hide their faces; and we despised him and did not value him.*

*Surely he has borne our sufferings and carried our sorrows; yet we considered him stricken, and struck down by God, and afflicted. But he was wounded for our transgressions, and he was crushed for our iniquities, and the punishment that made us whole was upon him, and by his bruises we are healed."* (Isaiah 53:3-5) The glory and beauty is that He was without sin and became the sin bearer.

As we walk in our belief system, affirming the Word of God, we still experience attacks on our minds. It has been stated in several teachings and reading that the mind is the enemy's (Satan) playground. Although we know he is a defeated foe, we must not be ignorant to his tactics and devices. Being a spirit in this realm of existence, he is aware of our weaknesses and presses to prey upon people. One area he attacks is our self-esteem. Low self-esteem is a powerful sense of inadequacy on our capabilities. We self-condemn ourselves causing self-sabotage. We become stagnated and immobilized, lying in a nonproductive state of nothingness.

Jesus taught the "Parable of the Talents" to illustrate our mental compacity to work. The unproductive worker used an excuse to do nothing. He, for the reasons listed felt that there was nothing he could do with one talent and was fearful if he tried, he would lose it.

Low self esteem places you in a basement with no insight of a possible window, staircase, door or elevator to exist through. You feel inferior to everything: our spouses, family, co-workers, friends and church member. It may have been the catalyst that caused the Children of Israel to feel they were grasshoppers to the inhabitants of Canaan (Numbers 13:23, 31-33). When our fears are of our own doing, we respond to the acronym of F.E.A.R. We have False Evidence Appearing Real or we Forget Everything And Run. In our running we run from our true self. The truth that God has given of the Spirit is love, power and a sound mind. (2<sup>nd</sup> Timothy 1:7). We lose so much when our self esteem is low. Dreams and aspiration slowly fade and die.

Seamands states that in 1960 Dr. Malto's best seller "Psycho-Cybernation" presented a different perspective in helping people with low self-esteem. He said rather than forcing the outward appearance to conform, simply help people to change the pictures they have of themselves. Our self-image is based totally on what we see and feel about ourselves. This shapes our personalities, character and belief system. There is a place within us that has our emotions, physical side and spiritual well-being. The impulse to sin which was imputed from our first parents, Adam and Eve, still reside in us.

Correction is a necessary component in healing our low self-esteem. There is the need for perseverance in allowing God and His Word to correct the falsehoods in our minds. False humility tells us God is pleased with the belittling of ourselves. We must not misinterpret self-love. For if we are properly loving ourselves, we can love others the same way. Looking at what God is saying in His Word concerning us, we can fully understand His love and who we are in and to Him. We are His creation, beloved, elect and His children.

Healthy critical thinking can help us in our low self-esteem. We must first incorporate,

submit and yield to the use of Holy Spirit for wisdom, correction, guidance, truth, revelation and illumination. This will help us to raise our level of self-esteem to a life of assurance and confidence in God.

Looking at perfectionism from Merriam-Webster, we find it means: the doctrine that the [perfection](#) of moral character constitutes a person's highest good; the theological doctrine that a state of freedom from sin is attainable on earth. This is not perfectionism according to the Word of God. Webster's definition embraces wholeness based upon oneself in stead of wholeness based upon Christ. Some if the systems in our thought process is that we will always do better, no matter how good we are. We then depreciate our efforts and become victims of anxiety. We enter the yoke of bondage, (Galatians 5:11)

The antidote can only be found in the grace of God. In all the Apostle Paul's situations, he learned one thing – God's grace was sufficient (2<sup>nd</sup> Corinthians 12:9). Grace is the unmerited favor of God. We must be positioned and available for healing concerning perfectionism. The process begins with the acceptance and understanding that deliverance will take time. You must learn to be patient with yourself for many wounds and scars run deep within. This understanding will cause you to look deep within to fid the origin of the problem and pain. As you move forward in deliverance, the necessary steps of forgiveness, repentance and acceptance will place you on the path to recovery. Hurts are hurts, and it will take the Spirit of God to gently and gracefully rock the broken pieces caused by perfectionism back together.

When we come to a point of seeing our lives changing, a new discovery can evolve. It is determining who we are – our true self. Finding your true self eliminates

people pleasing and a false sense of identity. Realizing who we are in God early in life helps to develop us, guiding the younger self into a better self. A super you, is a false person which tell you who you should be in order to be accepted and loved by others. We trick ourselves and low self esteem re-emerges because we say that God does not have to see our “not-so-good” selves. We eventually run the error of becoming despondent and unemotional.

When we don't feel anything about anything, how can we experience God in our lives? How can we know true self and true love? We fool ourselves and act as if we don't get angry. Seamands points out in Chapter 9 that Jesus got angry and verbally expressed it (Matthew 23). However, the anger manifested into perfect love. The Word of God declares that “Whom the Lord loveth, He chastens.” (Hebrews 12:6). What is required is that we learn how to use, express and resolve our anger. We must learn how to properly with being happy, real and working through conflicts.

Another area of concern is depression. It is prevalent among the Christian community. The author gives a sobering illustration in the Word of God showing depression within King David, the Prophet Elijah and Jonah. The first step for moving from depression is acknowledging it exists. Denial will work totally against deliverance. Depression comes in many forms. Sometime it will come forth through letdowns, failure and when advice given doesn't help. Depression can come from guilt of sin and disobedience. These forms of depression are underlying and not easily seen. Seamands quotes Oswald Chambers bringing clarity to our new birth in Christ as it relates to our temperament. Chambers states that our disposition in Christ does not change our temperament in an automatic sense. We must accept our personality and

acknowledge our temperament. Acceptance allows us to yield and submit to the Word of God and the Holy Spirit for change.

In dealing with deliverance from depression, you must look at how you are living. Examine your physical, emotional and spiritual state. Determine if we are pushing ourselves beyond our limitations, causing failure to depress us. Our eating habits and exercise must be examined. Our reactions to situations must be noted. Breathing during these moments allows the Holy Spirit to become activated in our lives ushering in peace and counsel.

Learning to forgive yourself and others is a great release from stress and depression. It will graciously remove bitterness and resentment. Seaman introduced helpful hints from Martin Luther such as avoiding being alone, seeking help, singing and praising unto God. Additionally, trusting and leaning on the Word of God and being in His presence was also noted. Commit comforting Scriptures like Psalm 23 and 27 to memory. This will give the depressed mind a place to go.

Our present and only assured help comes from God through Christ Jesus. Jesus when He went back to the Father sent us the Holy Spirit. The Holy Spirit in His office of administration and operation is our Counselor and Comforter. He is our Guide and Revealer of the Truth. It is the Spirit that helps us in our infirmities. We have the providential care of the grace of God. Ephesians 2:8 declares: *“For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:”*

Trials, tribulations, illnesses, infirmities, misunderstanding will all occur at some point in our lives. Some occurrences will be deep and unexplainable, exhausting our human effort and giving us a loss of words. However, we have not been kicked to the curb. Our “Wounded Healer – Jesus Chris” knows all about our problems.

The sum of it all is that God promised never to leave or forsake us. It is like the poem “*Footprints.*” The man walked with God in the sand, always seeing two set of footprints. However, there were times when he only saw one set of prints. Here he went into his first damaged emotion and thought he was all alone. When he spoke with God, he wanted to know why did He always eave when times got rough in his life. God in His loving kindness gently said He wasn’t gone, it was only then that He was carrying the man.

There is a joy and peace know that we serve an awesome and loving God. He is so wonderful and loves us so much. He is Jehovah-Raphe, our Healer,

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