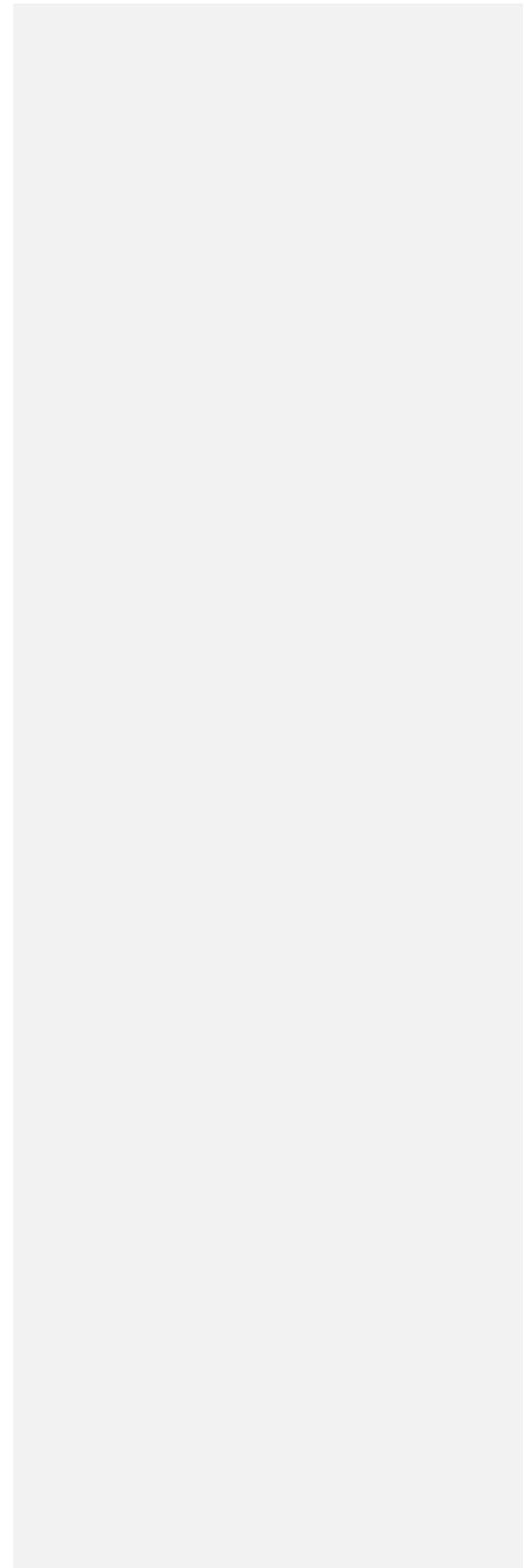


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Developing the Healthy Leader



David Seamands' *Healing for Damaged Emotions* is a great read. ~~In this text, Seamands~~ ~~and provides a~~ ~~investigate the~~ deeper understanding of how we are to ~~address~~ ~~proceed against~~ emotional hurt, trauma, and pain. These areas of our lives ~~that~~ can be detrimental and debilitating if they are not compartmentalized and worked through in a reparative manner. One of the most important aspects of this book ~~are the is that~~ steps ~~by step~~. Dr. Seamands walks ~~the reader with~~ ~~you~~ through ~~towards the whole~~ healing ~~and wholeness~~ process.

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~~Additionally, the primary purpose of~~ ~~Aim for~~ this book it is to address past hurt and pains so one will be able to move past them and function normally. Dr. Seamands takes the time to explain masterfully that with the right amount of help that our Father has provided us we can stymie those things that can haunt us. The words of this book are designed in such a manner as heart hooks and brain bait. Allowing the advice in this book to reside within you will surely produce healing for your damaged emotions.

Salvation and emotional health are not the same and one can be strong in one area and weak in the other. Yes, it is true we have eternal life and we look forward to the day to receive this gift in full. However, in the meanwhile we have an earthly life to successfully carry out as well. We are parents, workers, and ~~we wear a a~~ whole host of other hats and play additional roles ~~we must wear~~ in this life and our emotions are critical in how we execute these roles.

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Damaged emotions are one aspect in our lives that we need to understand; ~~that~~ for them to heal properly it takes a little bit more time than a Sunday sermon. Sometimes it can take years for one to even make some small progress towards recovering from damaged emotions.

This is something that I have unfortunately experienced first-hand ~~experience in my~~ ~~dealing with in our~~ family. You are worthy, you are not perfect but being a Christian does not require you to be, and God is available to you even when it does not seem he is. God still uses

messengers to get his word across and other times God will talk to you direct. The goal here is to get the message across and the vessel is secondary. We should look for Good to manifest in different ways, identify and take heed. Biblical examples force us to do as God says do and put aside our will.

The raven fed Elijah and I am sure Elijah did not expect that. Jesus who is a Nazarene holds a conversation with a Samaritan woman. No one could have seen this occurring for Jews do not like Samaritans. We cannot allow ourselves to be super sensitive as well. This can cause people to not want to be around if you need a lot of attention.

Forgiveness was shown to us in all possible ways by Christ. It is important if we want to avoid emotional conflicts we must also be forgiving towards others. Unforgiveness gives birth to emotional damage that can negatively impact the relationships around us. Negative interactions that we encounter with other people will most surely be problematic with an unforgiving spirit. We have a tremendous help when it comes to dealing with our infirmities.

We as Christians have the unique ability to bring our troubles to the Lord and he will take care of them. Our damaged emotions we can bring to God and ask God for help in healing them and God will do it. God takes our problems and solves them and if they are solved early then they can not grow into something that is more destructive to us and those around us. Prayer is direct communication between you and God and God answers prayer.

If you pray for healing for your emotions God will most surely send help to answer prayer. One of the beliefs that is common ruse of the devil is that God can not relate to you so he cannot help. That is not the case for Jesus came to the earth to feel all we go through as humans and get the victory over life and death. Because Jesus was human and tempted like humans are then Jesus can relate to us and know what to do to fix our damaged emotions.

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In other words, Jesus would not know how to mend a broken heart unless Jesus had one himself. When Lazarus died, Jesus wept and shortly thereafter fix the situation by healing Lazarus. God knows how to heal so do not be afraid to seek help from God for healing. The devil wants your mind and the biggest weapons Lucifer will use are the ones that can affect your mind. If you do not think much of yourself then you will not accomplish much.

Seamands takes considerable time and real estate making known what the Devil will use against you. Low self- esteem can close multiple doors in your life. You do not try because you are sure you will not pass. We have no right to feel inadequate for in Christ we are well adequate. We need to seek and receive info about us from those who mean well.

God is where we should receive our input on our esteem for God seeks to build us up into something greater than what we were before. It almost seems as if once we are saved and commit to Christ then life gets harder. While that seems true it is not exactly true. Life was going to be hard for you Christian or not the only difference is that now you have more help to handle it. Seamands book is a great read and suitable for academic purposes.

The language is [in this text is](#) very plain and not over bearing. [One who is Christian](#) would have difficulty finding something that would be of an untrue nature. Upon review of this book it is easy to agree with [the](#) messages [that](#) the author was trying to convey. The true values that shine through this text are the ones that involve interactions and relationships. Your life depends in some way or another on how you interact and treat others. [In my opinion, the](#) ~~The~~ chapter about dealing with debt and forgiveness is the most powerful one. Hinderance to your life can be placed depending on how you treat someone else so kudos to the author for taking the time to teach life lessons that help us treat each other better. Positive criticism follows this

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literary work for it comes from someone well versed in dealing with emotions that have been damaged.

References

Seamands, D. A. (2015). *Healing for damaged emotions*. David C Cook Publishing Company.