

BEULAH EIGHT UNIVERSITY

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COURSE: DEVELOPING HEALTHY LEADER.

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INTRODUCTION

The title of the book is HEALING FOR DAMAGED EMOTIONS, written by David A Seamand and other contributors in his book .Seamand are focusing to thousands of readers worldwide dealing honestly and successfully with their inner hurts. When one finds healing one then become an agent of healing for fellow strugglers.

OUTLINE

CHAPTER 1: DAMEGED EMOTIONS

CHAPTER 2: Guilt, Grace and Debt-Collecting

CHAPTER 3: The Wounded Healer

CHAPTER: 4 Satan's Deadliest Weapon

CHAPTER: 5& 6 Healing Our Low self-esteem: part 1&2

CHAPTER: 7&8 Symptoms and process of Healing for Perfectionism

CHAPTER: 9 Super You or Real You.

CHAPTER: 10, 11 &12 Myth and truths about depression, how to deal with it and healing helpers.

CHAPTER 1: DAMAGED EMOTIONS

In his book chapter one, he is dealing with damaged emotions where he gives his life experience, during his first time in the platform and before the famous preacher {Dr Smith} where his emotion was affected inside which was a great war inside him and mind whether he will make it in front of his senior, He quoted several reference from matt 8;17,Rom 8;26-27,which confirm how Holy Spirit help us in our infirmities[emotionally}.Finally he was encouraged by Dr Smith when complimented him and his emotion was safe from being damaged thought as well Holy Spirit.

Dr Seamand also pointed on some problem that requires special kind of prayer and a deeper level of healing by spirit. Somewhere between our sin, sickness, lies an real the scripture called"infirmitie".Here he gives an example of a tree that gives a developmental History, year by year that shows ring of different scar, same to us in our life .He sets these scar and ring of our thought and emotion the record is there, memories are recorded and are all alive. This directly and deeply affects our concept, our feelings and our relationships. They affect the way we look at life and God, at others and ourselves. First it is good to know that so that we can ask for help from the Holy Spirit.

Another area is Extreme and by understanding this will help us to watch out our boundaries, he give an example of church declaring a person as demon – possessed, he says one need to be very careful on this ,only careful ,prayerful ,mature ,spirit- filled Christians should ever attempt anything in the nature of exorcism. The other extreme is an overly simplistic .He pointed that many times we reply with the regular roach letter to people suffering with emotional problems. We give part, oversimplified answer, which drive them to deeper despair and disillusionment.

He also pointed another person of damaged emotion called super sensitivity a person who is hurtled deeply. This person tries to reach out for LOVE and APPROVAL, and AFFECTION,

but instead he got the opposite, and he has scars deep inside of him. He usually sees things other people don't see, and he tends to feel things other people don't feel. Finally the very fearful people, they fear of failure. These people damaged person are so afraid of losing the game, just sit on the sideline. They say "I don't like the rules or, I don't care for the referee. In fact such as people in their Christian life their believing is a great risk: it's very hard, decisions tear them up.

Dr seamand ask whether there is DIVINE REPAIR he says yes. He quoted Roms 8:26 {modern translation use weakness or crippling instead of infirmities. The only our part of healing of our damaged emotion is allowing the Holy Spirit ,indeed ,the divine counselor , the divine psychiatrist ,who gets hold of our problem on the other end. The process of this healing seamand suggested general Biblical principles.

1. Face your problem squarely, by confessing our fault Jams 5.
2. Accept your responsibility in the matter, by avoiding blaming everyone else and accept your responsibility.
3. Ask yourself if you want to be healed Jn 5:6.
4. Forgive everyone who is involved in your problem. Jesus pointed these that not healing occurs until there is deep forgiveness .Matt 6:12
5. Forgive yourself –when God forgives, He buries our sins in the sea off, His forgiveness and His forgetfulness.
6. Ask the Holy Spirit to show you what your real problem is and how you need to pray .Rom 8:26,Jms 4:3

In Chapter 2: Seamand deals with Guilt, Grace, and Debt- collecting. He addressed this issue by explaining a parable of a unmerciful servant. The servant's ideal of forgiveness was one thing, but the lord's ideal was another. The lord in His mercy forgave him all his debt and released him

Unforgiving person is plagued with guilt and resentment. The world is made for forgiveness; it is made for grace, it is made for love in all of life. In fact we feel ought and debt to one another. Note failure to give out that unconditional love forgiveness, and grace to other people. These will have no different with that parable of that servant. This is because of; one failure to receive forgiveness – like that servant. Two; failure to give forgiveness – by failing to accept and receive God's grace and forgiveness, we also fail to give unconditional love, forgiveness, and grace to other people

How to Deal with Your debt:

There is a scriptural way to deal with all these hurt from our past and I agree with seamand .God's way goes for beyond forgiving and surrendering resentment. God likes sins, failure, and hurt that happened earlier in your life and wraps His loving purpose around them to change them. Cross is only the example or illustration what Jesus encountered all through on the cross then He forgives all .Rom 13:8, Matt 10:8.

CHAPTER 3

Seamand reinforcing chapter two last page about the divine repair. He came up by saying that despite of all those weakness or crippling there is a WOUNDED HEALER. He deal with the term infirmity from Old Testament Heb 4:15 to New Testament. Infirmity is connected with the sacrifices offered by the priest without spot, blemish no deformity animals Lev 21:16-24. While in the New Testament begin to see a figurative use of word infirmity. It is used as metaphor, a figure of speech.

Infirmity is his negative form of “**ethenos**” which means strength root word for infirmity, **asthenias** “a want of strength, lack of strength, a weakness, an infirmity, a crippling”. It is refer to mental, moral and emotional weakness, to lack of strength. The wounded healer is Jesus Christ our High Priest and our mediator; He never sinned nor yielded to the temptation. He understand our frustration , anxiety ,depression ,hurt ,abandonment ,loneliness and rejection ,because He was once touch with this feeling that mean He experience the whole ghastly of emotion which goes along with our weakness and our crippling that is why He offered this prayer in Heb 5:7 and also prayer Gethsemane Jh 17. He also remind us what He went through and costed him to be our healer in the garden {Emmanuel} Matt 26:37-38}

He also encouraged his three disciples to keep watching, as went through sorrow time. The following are references that would bring healing to the wounded person. Psalms 22,69:1-3,20. Seamand also mention what our wounded went through from the garden ,trial and cross that was full of mock ling and a lot Jesus to bear ,but all in all He come there victorious.

What encourage most? Is that, the wounded healer was a man of sorrow and acquainted with grief. If one is grieving, He can feel it with you, stress that affect mind, emotion. Therefore God understand the cry of dereliction .He knows the feeling of our infirmities, we do not need to come guilty. We are to approach boldly, with confidence, knowing He not only feels with us, but wants to heal us, In Heb 4:15-16 It is this assurance which gives us ground for our hope and our healing Eph 6:10-12,18 and 2 Corinth 2:11.

CHAPTER 4

SATAN'S DEADLIST WEAPON 1Peter 5:8

Dr Seamand want the leader of this book to be aware some of the dangerous weapon that Satan is using .Since Satan knows our weakness ,our infirmity which he want to use them to great advantage against us . Peter mention this 1Peter 5:8 and Paul confirmed it and gave the answer of defeating Satan in Eph 6:10-12.The following are the weapons.

- Low self-esteem- Rebirth fear, doubt, anger, hostility, worry and guilty.
- Low self – esteem paralyzes our potential –By bringing a feeling of inferiority in one self, disappointment, and unfortunately it is a plague among many Christian.
- Low self –esteem destroys once dream –By quoting Joel 2:28-29 it is an evidence of having dream and vision in life, but Satan has used how self – esteem to water down our dreams.
- Low self – esteem ruin once relationships – by bringing up feeling of inferior or worthless tat destroy our intimacy relationship with our savior by thinking God really must not love and care for us. This thinking perspectives raise doubt our relationship with our God.
- Low self – esteem sabotaged our Christian services – Many things fall apart when low self – esteem dominate the life a person.

CHAPTER 5 & 6

HEALING OUR LOW SELF – ESTEEM PART 1&2.

Dr Seamand says that for the healing of low self – esteem to be realized one must identify his or her self – image or self – concept. Self- image is based on whole system of picture and feelings one has put together about one self. This imagery and emotion are the picture that reflected from mentally and emotional feelings {feeling – concept and concept feeling about one self-}.As the bible says “ As he thinketh in his heart , so is he” Prov 23 :7.These means what you see and feel will determine your relationship both with other people and with God.Seamand explained three essential components of a healthy self – image.

- First is a sense of belongingness, of being loved, simply the awareness of being wanted, accepted, for enjoying and loved. This depends on parents’ attitude before birth. Whether one was rejected or wanted
- Sense of worth and value –This is the inner belief and feeling I count iam of value. I have something to offer.
- Sense of being competent – feeling concept” I can do this task: I can cope with that situation; Iam able to meet life .He quoted Dr wagner says ,and you have a tried of self – concept feeling, Belongingness , worthwhileness and competence.

Seamand also added other source of self- image as follow.

- Outer world factor are heritage and birth ,one infancy, childhood and teen years.1corinth 13:11-12
- **PART 2:** World within us – It deals with physical ,emotional and spiritual equipment that we bring into the world e.g senses, nerves, capacity to learn , register and to respond.
- Spiritual factor where we Christian differ with secular, humanistic and pagans’ psychology, which look at human nature as essentially good and morally neutral.
- Satan is a liar in Jh 8:44 accuser, Rev 12:10, one who blinds our minds 2 cor 4:4,it bring inferiority, inadequacy and self – belittling to defeat Christian.

CHAPTER 7 & 8 SIX SYMPTOMS OF PERFECTIONISM AND IT' S HEALING.

Dr.Seamand mentioned the following symptoms that accompanied perfectionist person:

1. Tyranny of ought e.g “Ought to do better, to have done better, and to be able to do better”
2. Self-depreciation.-If you are never quite good enough, you feel a continuous sense of self – depreciation.
3. Anxiety
4. Legalism.-This overemphasize external, dos and don'ts, rules and regulations. Gal 1:6, col 2:18, 22, 23.
5. Anger
6. Denial.

CURE OR HEALING PROCESS OF PERFECTIONISM.

The only cure ultimate cure for perfectionism is only God's Grace; God can cure our imperfections in meeting our sinful weakness and failure. Healing process comes when it is given time, process matter, understanding, healing and above all reprogramming {renewal of mind that brings transformation}

CHAPTER 9

SUPER YOU OR REAL YOU.

This is what Dr seamand explain, "super you or real you"- It is a dangerous weapon including this other: Super you and feeling, Super you and conflict, Super you and happiness and real you realism. Real you realism means you don't need to be afraid to face the worst, the ugliest, the most painful.

CHAPTER 10, 11 & 12.

Dr David Seamand, giving the reader the perception people has towards depression he called it **The Myths and truth about Depression. How to deal with it and who can be healed to help {Helper}**. Most Christian believes that depression is not part of them, but it's clear that depression affect the life of a Christians, he support his point biblically see: Psalms 42:5, 6 1King 19:4, Jonah 4:3 and Matt 26: 38. T hose reference is an indication of depressed Christian .Dr Seamand also mentions things that come as result of depression e.g. Depression and guilt, guilt that come because of sin either disobedience or transgression. Depression and personality i.e. structure, physical make up, body chemistry, emotional pattern and learning feeling – concepts. All this can be dealt with it by accepting yourself as you are.

The question one should ask himself as far as depression is concern is. Does God suspend his law and make cosmic pet preachers, missionaries, high achieves and overcommitted church workers? Dr seamand says that one cannot regularly violate those law and expect to get by with it. Who do you think you are, anyhow? God? That is one of the perfectionist problems, you know. Seamand lists the reactions that lead to depression and I see nit worthy to high write them

- Indecision.
- Anger
- Injustices.

Another thing that Seamand didn't leave it behind about forgiveness and he gives a strong example of two sisters, Mary and Martha the spirit of resentment was ruling one of them, for the help to those who reads this book of SEAMAN who is co- joined by LUTHER important aspect to over-come depression.

- Avoid being alone.
- Seek help from other –accept change.
- Singing! Make music – like King Saul 1Sam 16:14-23.

- Praise and give thanks{ 2Tim 1,1Thes 5:18}
- Lean heavily on the power of God words.Plsams 23,25,31,34,138,139 etc.
- Rest confidently in the presence of God's Spirit.

The conclusion is the **healing helper in chapter 12**, the only book that deal with depression profoundly or beautifully is the book of Rom 8:18-28.Note Paul was not saying that God needs our sins and our infirmities, **our** failure and our blunders, to work out His designs and His will in this world. But in this fallen world, these are just about the only material through which He can work out His providential and permissive will. Rom 8:26 thank God doesn't leave us. In addition to that good news is: God love us, Christ our High Priest who bores our sin and Holy Spirit offers us His continuous enabling presence and power, not because we are good, but because we need Him in order to be good.