

BOOK REVIEW: Healing for Damaged Emotions

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LS 101 Developing a Healthy Leader

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Controlling Idea: Healing for damaged emotions is necessary for a healthy church.

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Introduction

It is a healthy thing for a sick man to seek medical attention. Any man who is sane enough will point a sick man to the hospital. This is what Dr. Seamands in his book *Healing for Damaged Emotions* points to us as readers and Christians. Dr. Seamands wanted his church men, cognizant and readers of his book to know that there is a realm of problems caused by damaged emotions. I have read this and I have found the same findings that people are infected and affected by the effects of damaged emotions and that is why I am writing reflecting on Dr. Seamonds findings to show that healing of damaged emotions is necessary for a healthy church.

1. THE DAMAGED EMOTIONS

Dr. Seamands reflection on a sermon he preached on the topic “The Holy Spirit and the Healing of Our Damaged Emotions, his reflection on the confirmation of testimonies, letters and tapes from all over the world for as he say for fifteen years made him to conclude that there is a realm of problems that require a special kind of prayer and a deeper level of healing by the spirit.” He continues to say “...somewhere between our sins, on the one hand, and sickness on the other lies an area the scripture calls “infirmities”. To illustrate this Dr. Seamands uses the imagery of the ring, on a cross section of a great sequoia and redwood trees that have been cut. He says that a naturalist will explain that these rings of those trees reveal the developmental history of those trees. The naturalist will tell you these rings reflect the bad and the good times the tree experienced. They reflect a terrible year of drought, a year when there was too much rain, a year the tree was struck by lightning a normal year of growth etc. applying this to humanity Dr. Seamands says” That’s the way it is with us. Just a few thin layers beneath the protective bark – the concealing, protective mask- are the recorded rings of our growth.”

This is a wonderful analysis of man’s problem. It shows that inside of the protective concealing mask of our bodies just like beneath the protective bark of a tree, our problems are there. Dr. Seamands says” in the rings of our thoughts and emotions, the record is there; memories are recorded and all are alive. And they directly and deeply affect our concepts, our feelings and our relationships. They affect the way we look at life and God, at others and ourselves.” These problems are analyzed and explained in a simple and clear way. When we look at how people live and behave we can reflect on this and understand.

My minds are convinced that there is a terrible problem caused by damaged emotions as Dr. Seamands says. I invite everyone to read and he will see the wisdom. Dr. Seamands to confirm this by giving the following as example of damaged emotions; first there is a deep sense of unworthiness, a continue feeling of anxiety, inadequacy, and infertility, an inner nagging that says “I am no good...”, secondly there are ones with perfectionist complex. These have an inner feeling that says, “I can never quite achieve. I never do anything well enough. I can’t please myself, others or God...”, thirdly there is the super sensitivity. These are the ones who have been usually deeply hurt, the ones who reached out for love and approval and affection, but instead of getting it they got the opposite and they are deeply hurt and with deep scars. And finally there are people who are filled with fears. These forms of damaged emotions are there we cannot deny them.

Dr. Seamands explains and shows that we should not just know we have problems of damaged emotions but rather we should also work for the solution. He points us in this book of Romans 8:26 to God’s principle of dealing with our damaged emotions. In this scripture he shows that we have God the Holy Spirit who helps us in our infirmities. My thoughts are moved by Dr. Seamands encouragement that God the Holy Spirit who is ready to help us in our infirmities. To give example of Godly way of dealing with this, Dr. Seamands takes us in the book of 1Corinthians where Paul dealt with all manner of damaged emotions and their effects. Therefore it is possible to deal with damaged emotions just like the bible reveals to us and just like Dr. Seamands encourages.

2. THE WOUNDED HEALER

As we deal with our damaged emotions, my thoughts are moved by the encouraging thoughts. The encouraging thoughts are as Dr. Seamands put them in words and ideas that, that we have a wounded healer –Jesus Christ –our Lord and savior who is able and ready to heal all of our damaged emotions. Dr. Seamands looking at the bible and reading from Hebrew 4:15 says “If we were to rephrase Hebrews 4:15 to a positive statement, it would read: “For we have a high priest who is touched with the feeling of our infirmities.” In the words Dr. Seamands shows us that Jesus Christ is our High Priest who is touched by the feelings of our infirmities. In the same words he shows that when we go through our infirmities we don’t go through them alone, but Jesus Christ Our Great High Priest is touched by every infirmity: damaged emotion and feeling that we go through.

My thoughts are moved to the same thoughts with Dr. Seamands thoughts as he compare Jesus Christ Our High Priest in Hebrews 4:15 with levitical priests of the Old Testament. In Leviticus 21:16-24. Dr. Seamands analyses that the office of Jesus Christ our High Priest and our wounded healer is the same office with that of the old Testament Levitical Priest. He says “ the book of Hebrew is more like the book of Leviticus than any other book in the New Testament, and shows that the sacrificial system outlined in Leviticus finds fulfillment in Jesus Christ our High Priest. This fulfillment also applies to the matter of infirmities in the High Priest. But since Jesus Christ was tempted and tested at every point as we are and did not yield to sin, we have a great high Priest who understand the feelings of our infirmities. Dr. Seamand shows that because the suffering Jesus Christ went through, he is able to understand our crippling our weaknesses, our emotional hung-ups, our inner conflicts and the pain that come from them. That means Jesus Christ is able to understand our frustrations, our anxiety, our depressions, our hurts, the feelings of our abandonment and loneliness and isolation and our rejections.

To demonstrate the examples of the pain and the suffering, Jesus Christ passed through Dr. Seamand expounding Hebrews 5:7-8 points to Gethsamene, in trials and on cross where Jesus suffered all manner of pain and sufferings and deep feeling of emotions for our sake so that we may get eternal life.

3. HEALING OF LOW SELF-ESTEEM

Dr. Seamand’s approach on the process of healing our damaged emotions and personalities integrated his understanding of the damaged emotions, his understanding of the human nature with his understanding on the desired plan, will and purpose of God as God has outlined it in His word. He does this by integrating his theological skills with his counseling skills to fulfill the plan of God.

A. LOW SELF-ESTEEM

Dr. Seamand explains that a low self-esteem person is a person characterized with the feeling of feeling anxious, inadequacy, and low self-worth, and a low self-esteem person is characterized with a long-standing guilt. Some of the dangers with the problem of low-self-esteem as Dr. Seamand say are first, low self-esteem paralyzes your potential. It is characterized by tragic loss of human potential, the watered down living, the gifts the leakages of veritable gold mine of human power and possibility. Secondly low self-esteem

destroys your dreams. This means you cannot have your dream and visions fulfilled as God want to do for you and in you through yourself Acts 2:17. Thirdly , low self-esteemed ruins your relationships. This comes out automatically because when you think yourself inferior or worthless, you will think that God and other people they don't really love you. Finally, low self –esteemed sabotages your Christian service. This means that instead of accepting God's given responsibilities, instead you always sabotage them by giving excuses.

Dr. Seamand shows that this kind of damaged emotion arises either from inheriting it from our heritage or from Satan design and it directly affects our personalities. From his counseling background, Dr. Seamands says “there are four sources of self-image, the outter world, the inner world, Satan with all the forces of evil, and God and His Word”. This is true, and we need to think about what we get from our parent and family members through their facial expressions, tones, attitude, words and action affects the way we behave.

B. HEALING OF LOW SELF-ESTEEM.

My thoughts agree with Dr.Seamands that getting the right perspective of the correct and right perspective of self-esteem come from God and His Word. Dr Seamands in healing of our low self-esteem: Part 2: Healing for Damaged Emotions encourages us to let God and His want straighten our false believes about our self, and not keep on holding to the false beliefs which were passed to us by our loved ones and friends and he says this is part of healing our low self-esteem.

Dr. Seamands teaches that many Christians have a bad attitude of belittling themselves and others where thus God teaching on love is plain and clear that we should love our-self, love others and love God as God has ordained it in his Word. It is a choice. Dr Seamands encourages us to develop our-self worth and value from God and not from the false reflection that come from our past. As we do this he encouraged us to do it in cooperation with the Holy Spirit. If we do this we will have our low self-esteem healed.

4. THE PROCESS FOR HEALING OF PREFECTIONIISM

A. PERFECTIONISM

Dr. Seamands, observes that perfectionism is a counterfeit for Christian perfection. It characterizes itself with tyranny of ought. A person with this damaged emotion has a constant overall feeling of never doing well enough or being good enough. This feeling permeates all of life and worse of all it also affect ones spiritual life. Another part of its character id self-depreciation. Because of self-depreciation one feels that God is not pleased with you. What follows self-depreciation is a feeling of anxious that produces oversensitive conscience and a giant of guilt, anxiety and condemnation. Other characteristics of perfectionism are legalism always accompanied with rules of do's and don'ts. Rules and regulations, and finally there are a lot of anger in the denial of anger.

The root caused of perfectionism as Dr. Seamands says are unpleasant parents; and unpredictable home situations in unpleasant parents the child self-growth does not develop to maturity and the person is damaged emotion keep on striving and grouping. In unpredictable home situation, the child also does not develop to maturity and is unable to make decisions.

B. THE PROCESS FOR HEALING PERFECTIONISM

My thoughts are moved to the wisdom and knowledge of Dr. Seamands many people cannot comprehend property the problems of perfectionism with their needs of quick solutions but Dr. Seamands says "Healing is a process "he says this is to show that such for quick remedies is futile and help us to understand that we should abandon all idea of quick cure.

Dr. Seamands encourages us to understand the people with the problem of perfectionism. He says that healing is a process he reminds us that people with perfectionism, did not get there in an overnight, and they neither be healed in an overnight. Dr seamand teaches us that healing of perfectionism will involve the process of growth in grace, it will also involve the process of reprogramming the damaged emotions and it will also involve healing in every level of our lives. Dr. seamands continue to say, you will need healing of your mind with its distorted concepts healing of your perception with its downgrading evaluations and healing of your relationships with all their disruptive conditions. You will also need a deep inner healing of your memories to blot out the disruptive slow-motion video replays that interfere with your life. It (Healing of perfectionism) is a process as Dr. Seamands says.

In all manner of this process of perfectionism healing, God's grace that is God the Father God the son and God the Holy Spirit will be with you as Dr. Seamands reflecting on this says "Grace means a gracious God coming to you . "My grace is sufficient" (2 Cor 12:9) "I concur with the Dr. Seamands that God will be pleased to see us get healed. Rom 8:26

5. DEALING WITH DEPRESSION

A. DEPRESSION

Refuting the erroneous mind set and thinking that depression cannot or should not be found in Christians, and it is evil to have it, Dr. Seamands confirms that depression is a common experience among Christians. In confirming against the thinking that a Christian having depression is wrong Dr. Seamands say "Now all that may sound very good and very simple, but it does not stand the test of scripture, the fact of Christian and experience or the truth about psychology. And it certainly does not square with the biographies of the saints." What Dr. Seamands is saying is that against such thinking the scripture like in PS 42:6 etc confirm that there may be depression to a Christian. And he continues to show that Christian experience, psychology and biography of saints confirm that Christians can suffer from depression.

B. DEALING WITH DEPRESSION

The first thing in the process of healing depression is to accept and acknowledge that you have it. That is the starting point in the process of healing as Dr. Seamands puts it in refuting the thinking that seeks to deny or to blame a Christian for having depression. The next thing is to seek God's grace and the help of God, and the help of other people as you seek to get out from the problems of depression as Dr. Seamands advices. Other additional helps to help in the process of healing depression that Dr. Seamands gives are singing and making music, giving praise and thanks to God, and leaning heavily on the power of God's word so that God can speak to you through his word. And finally one should rest confidently in the presence of God's Spirit as the Psalmist affirms dependence on the word of God for deliverance from depression.

In addition but also on dependence on the word of God Dr. Seamands teaches and advices that accepting ourselves the way we are and not trying to be another person, is also a part of the process of healing of depression. Dr. Seamands says, "Depression is related to personality

structure, physical makeup, body chemistry, glandular functions, emotional patterns and learned feeling concepts. As Christians we must realize and accept this.” what Dr. Seamands is saying and we should accept is that we are all different one from another. Dr. Seamands says “By nature and temperament, some people are nervous, apprehensive or frightened. They are over sensitive, and their feelings are easily touched changed.” Dr. Seamands shows that we should accept ourselves as part of healing of depression and as a way of allowing God to heal us and use us the way He wills. If we do this we will be in the process of healing depression.

CONCLUSION

I have gone through Healing for Damaged Emotions, a book written by Dr. Seamands, on healing for damaged emotions, and all the way from the title of the book, discussion on various kinds of damaged emotions, discussion on damages and effects of those damages in Christian lives, and Dr. Seamands advice on application of God’s word as a ways of dealing with damaged emotions shows that there are Godly ways of dealing with damaged emotions in a s Christian way. Therefore my thoughts are moved to the same findings with Dr. Seamands that there is healing for damaged emotions. I also agree with Dr. Seamands that healing for the damaged emotions pave way to realize the real you and the healed healers to work in the vineyard of the Lord to bring more healed men and women in the church of God. I have enjoyed reading Dr. Seamands book and I invite other believers and other people to read it and find the gold of live for the people of God in it.

REFERENCE

Seamands, D(2015): Healing for Damaged Emotions, Edition 3

