

APPLES

FOR YOUR EMOTIONS



Donna Mosley's

APPLE COLLECTION

*This book is dedicated to my husband and my children,
the born and the unborn. They are all My motivation - and MY inspiration to heal.*

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*HEALING DOESN'T MEAN THE PAIN NEVER EXISTED,
IT MEANS THE DAMAGE NO LONGER CONTROLS OUR LIVES.*

Akshay Dubey

INTRODUCTION

Pulpits and pews can be a great hiding place for people who are hurting; But do we go to church to hide or do we want to be healed? Do we want to sit in the pews struggling with emotional wounds? Do we want to shake our heads and gossip about clergy caught in adultery and money scandals or do we want to be healed? Do we want to praise God and return home to arguments, tears and emotional stress? Do we want our marriages failing and children growing up in homes that feel anything but Christian? Do we want our youth turning to the world for the help that they need to feel satisfied and fulfilled?

Do you want to be healed? If we do not respond yes, we can become useless in today's culture. If we are not willing to lay aside our religious traditions and start opening wells for people's pain to be relieved, we are at risk of God removing his glory from our churches. If we do not deepen our reach into the souls of men, we are already useless.

Ministry has become a sedative for many Christians. Sure, you may be called, but the call will not heal you! Seeing others healed through your ministry can produce a high that allows you to function in your pain. But God does not just want us high, He wants us healed.

We can suppress our pain for two hours on Sunday morning. We can dance, shout, speak in tongues and sing in our pain. But it rears its ugly head the moment that we walk out of the doors. This has to change! It must change, and the only way to change it is to let the Lord strike and strike deep into our hearts.

Jesus said, *"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid John 14:27.* When is the last time that your peace lasted long after the worship service was over? When is the last time that you had so much peace, that you could care less what others thought of you? Jesus cared about only one opinion. His Fathers! People may not care if you get healed. Some may not want you to be healed. There are enablers who benefit from the pain and dysfunction of people. The good news is that you do not need another person's permission to be healed. God has already cast his vote. He wants you to be healed! That is the purpose for this book.

“I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh”.

Ezekiel 36:26

CHAPTER ONE

WHEN THE PAIN REMAINS

We think we are emotionally healthy.

We've practiced fighting back tears.

We've tried to suppress our negative emotions.

We've learned to cover our feelings of hatred or revenge.

We've learned how to justify those occasional outbursts.

We hear the appeal of Jesus in John 5 echo from platforms around the world;

"Do You Want to be Healed"? He does not ask if you want to act healed?

No! He asks, do You want to be healed? We answer yes and then flock to church

year after year concealing the aches of old wounds. Our pain remains, bleeding into our relationships, our ministries and our work.

It's no secret that people are in pain. Everywhere you go, there are people in pain.

Depression is one of the number one reasons for doctor visits. People spend billions of dollars every year on counseling, antidepressants and sleep medications.

They abuse alcohol and other substances. They are seeking their own relief. Their souls are bruised, their hopes have died and their days are unfulfilling.

In every church remains the open wounds of abandonments, rejections and abuses. Many of the adults that I meet have unresolved childhood pain. They have given up on getting past the pain of their past. They wonder if there really is divine help for them? Jesus answers their curiosities with a resounding, YES! The bible is full of painful stories. Troubling, agonizing, even tormenting stories, exchanged for podiums of healing.

Pain makes its way into everyone's life in one way or another. Pain is powerful. Many decisions are informed by pain; such as, who you are willing to be friends with or what risks you are willing to take. Unresolved pain can change your personality, rob you of your confidence and alter your destiny. You may even detach from people who are sent to deliver you or mentor you. Pain can silence your voice and rob you of the influence that Jesus wants you to have.

Emotional pain affects how we see ourselves, God and the world around us. It clouds our vision and makes it difficult for us to perceive what is true. When we have suffered pain or trauma, we see everything through the broken lenses of our pain. We develop issues of distrust, fear and skepticism that taint our reality. Our feelings are real, our perception is often not.

Years ago, I heard a story that stuck with me. "A couple who were having marital problems would sit at their kitchen table, in front of a large picture window to eat breakfast each morning. Their years of hardship had made them both bitter. Much of their time would be spent bickering; Airing their differences and accusing one another of why they were not getting along. Avoiding eye contact as they ate, they would stare out of the window into their neighbors yard. Everyday they would comment on the dingy laundry that their neighbor hung on her line to dry. " That lady needs a new washing machine the wife would squawk. " Looks like she uses a cheap detergent, " her husband criticized. Their criticisms of their neighbors' laundry continued everyday for two weeks. Finally, Oneday the husband had a day off of work and decided to wash the windows. The following morning, the wife commented, " Oh, the neighbor must be doing something different. She finally has clean clothes on the line! With that, her husband shamefully replied, "No, I washed the windows. It was the dirt on our window making her laundry appear dingy. Her laundry has been clean the entire time. Pain works the same way. It clouds our vision and makes us unable to think clearly and to perceive what is true.

No worries, Jesus came into the world to resolve the problem of human pain and suffering. Look at what Isaiah prophecies concerning Jesus. *The mighty Spirit of Lord Yahweh is wrapped around, because Yahweh has anointed me, as a messenger to preach good news to the poor. He sent me to heal the wounds of the brokenhearted, to tell captives, "You are free, and to tell prisoners, "Be free from your darkness." 2 I am sent to announce a new season of Yahweh's grace and a time of God's recompense on his enemies, to comfort all who are in sorrow, Isaiah 61:1-2.*

Understanding the pain of your story is what we will reflect on in this first segment of Apples for Your Emotions! Our goal is to make the darkness fade away, to increase the clarity of your thinking, and to see the wonder of your healing bring refreshing and permanent change into your life.

Reflections: How has emotional pain changed you? Name three good characteristics that you miss having as a part of your personality. Ie. I want to be more relational, I want to be more patient, I want to have more courage.

1. _____
2. _____
3. _____

Scripture: "For I will **restore** health to you, and **your wounds I will heal**,".Jeremiah 30:17. (Include this scripture in your daily prayer life).

CHAPTER TWO

THE PAIN OF YOUR STORY

“The most painful part of the Lord's story is not the crucifixion. It is those who were never healed from the most painful part of their story.”

Donna Mosley

Our personal story does have an impact on our process of emotional healing, because it affects how we think, feel and perceive things. For example, if someone has angry outbursts, they may blame others for their anger and feel justified. This will impede their healing process - if they do not learn to think truthful thoughts. However, our personal story does not determine our ability to be healed in our emotions. With time and commitment you can learn to think honestly, intentionally and be renewed in your emotional health.

No matter how painful your story, you can be healed; Even if the pain of your story makes it difficult at first. It doesn't matter if your painful event happened early in life or later in life. It doesn't matter if you were born from a painful event or born into a painful environment. It doesn't matter if your pain is significant or moderate. Our God heals! Hallelujah!

Acknowledging the pain of your story can at first feel like a step into uncharted territory. Although you have lived through the pain, you may have tried to suppress it or reject it. You may impulsively push away the painful memories when they come up. You may refuse to acknowledge that the pain of your story has negatively affected your life. It's ok to acknowledge that you have been hurt and have a need to be healed.

We don't have to be consciously reflecting on the most painful part of our story, for feelings to be triggered. The pain has already done its work, but your negative feelings do not represent who you are! They are reminders of what you have been through. Whatever your painful experience, it is a part of your story. Stories are powerful. We teach from stories, we empathize through stories, we learn compassion through stories, we are entertained through stories and even inspired through stories. Your story can become a platform that you stand on as a monument of your achievements. Your story lets others know your strengths, where your wisdom lies and your sensitivities were born. Perhaps more importantly, your purpose is discovered through your story.

The most painful part of my story was growing up without my mother and father. I felt emotionally disconnected and detached from everyone. Although I was being raised by my aunt and uncle, I had no emotional connection to anyone in my childhood years. The negative emotions that I felt were sadness, fear and anger.

Now let's consider the story of two sisters by the names of Mary and Martha in John 11. Their brother Lazarus became sick and he died. Naturally, they were sad and heartbroken. They sent for Jesus hoping that He could raise their brother from the dead. However, Jesus showed up 4 days later. The sisters were angry. They felt that Jesus had come too late! Their brother had been dead for 4 days now. He was in the tomb and they believed that by then, his body had begun to decay. They falsely blamed Jesus for their brother's death. They accused him of taking too long to arrive. (Vs. 21, 32). If he had only come sooner, perhaps there was still a chance of Jesus raising him from the dead and turning their sorrow into joy.

We have all had this feeling at some time in our lives. We have felt that the Lord has taken too long to come. We have believed that it is too late for anything to change. We have all had the thought of being too old, or of a loved one being too sick or of a person being too stuck in their ways for change to happen. We've all felt the frustration that comes along with the days, weeks or the years gone by.

When Mary and Martha thought that Jesus had taken too long to arrive and that it was too late for Lazarus to be helped; Vs. 21,32. Jesus said, "I told you, that if you believe, you will see the glory of God" Vs. 40. The main problem that Jesus observes is their lack of faith. They falsely believed that it was too late for Jesus to raise Lazarus back to life. Jesus tells them, your brother will rise again Vs.23. Naturally, they think that Jesus is referring to the end time when the dead shall rise. But no, Jesus is talking about right now! Then he tells them a most profound truth. He says, "I am the resurrection Vs.25. He is expressing to them that the resurrection is not an event. The resurrection is a person and His name is Jesus. Jesus is here and able and willing to raise Lazarus to life again! It can at times feel like it's too late in the hour for our circumstances to change. However, Jesus assures us through this story that the power of God is both limitless and timeless!

Can you imagine the awe and Joy that must have filled the souls of Mary and Martha when Jesus raised their brother to life again? Imagine the admiration and worship that they must have felt for Jesus in that moment? They saw the glory of God! Many witnessed it. But for Mary and Martha, it was personal. It was the pain in their story!

Remember, just prior to Jesus raising their brother they felt sad, frustrated, helpless, hopeless and angry. Negative emotions are an indication that something inside of us still hurts. Maybe we haven't yet sent for Jesus. Maybe we did, but He's taking too long or maybe we have not believed that no matter how long it has been, it is never too late for God to heal us! Memorize the scripture from John 11: 40. "Jesus said to her, "Did I not tell you, that if you believed you would see the glory of God?"

In order to dig deeper into your story, we need to identify two key things.



What is the most painful part of your story? (Write it in your journal).



What negative emotions do you often feel?

CHAPTER THREE

THERE IS GLORY IN YOUR STORY

Our stories (the good and the bad of them) are where we get our nuances; the things that make us distinct, unique and different from everyone else. Dr. Stevensons, notes, "Even if our stories are similar to one another, our sensitivities will greatly vary. The uniqueness in who we are and how our stories impacted us, offers to others the skill and the wisdom that we have gained that others can benefit from. Those who judge the uniqueness in you have not resolved the differences in themselves." Our stories and how they have affected us are as distinct as our fingerprints. No two are the same, and that's how it should be! Don't lose your authenticity because you feel that your story is an anomaly. Maya Angelou in her famous quote reminds us, "If you are always trying to be normal you will never know how amazing you can be. "

What is the bible, but a collection of exclusive stories? Stories that help us to know God, and to learn to know and accept ourselves. Stories that warn us of the dangers of evil and the rewards of doing good. Stories that restore life to us, that inspire us, that give us strength and hope. More importantly they are stories of triumph, and overcoming the odds. They are stories that make the difference, in people, in families, in communities, and the world!

Through the pain of my own story, I learned wisdom, perseverance, authenticity, discipline, and to become a lifelong student. I was 18 years old the first time I entered college. Due to life challenges I had to quit, but I returned to college when I was 50 years old and graduated at 55 years old. It had always been my heart's desire, to finish my course work and earn my college degree but I felt that it was too late for me. I had even given up and forgotten about the prayer that I had prayed many years prior. The pain of my story exposed my incompetence and formed in me a thirst for knowledge. I wanted to grow and so between 18 and 50 I completed a host of college courses, Dale Carnegie Classes and attended numerous Christian workshops, seminars and conferences. As a result God made me a lifelong learner, sensitive and compassionate to the pain of people and gave me an anointing to teach. It is the manifestation of the promise in Romans 5:4-5 which says, *"Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope"*. This is your promise. At 50 years old once moving to Bethlehem, God opened the door for me to complete my coursework and earn my degree. We may forget about the prayers that we make to God, but God will never forget them. If I had gone to college

years prior my degree would not have been in the field of Christian Education and Administration. Which is the path that God has chosen for me! God answering our prayers is not just for our convenience or fulfillment; it is for His glory and purpose.

In Mark 5, we read the story of the woman with the issue of blood. (Mark 5:25-34). When we look at the story from a spiritual perspective, we understand that her blood (her very life) was leaving her. Her affliction had weakened her and all hope was fading. She had spent everything she had trying to get help for herself but was unsuccessful. She grew desperate to be healed. She sees Jesus in the distance on the other side of the crowd. She says to herself, "If I could just touch the hem of his garment, I will be made whole.

Before we go further into her story, I want to make this point. Desperation is a gift from God. Sure, we do not like feeling desperate because it makes us aware of our own helplessness. Desperation lets us know that our need is urgent. We like the convenience of having a lot of time to address our problems. This way we can relax and put it off if we wish. We can give into our insecurities, our feelings of intimidation or inferiority. However, these are what God is wanting to conquer in us. When we become desperate, we cannot delay finding a solution. We can no longer give into our insecurities. In this way, desperation works for us. It pushes us into prayer and makes us more determined to connect with the Lord. Desperation makes us move, whether in pain or fear or feeling anxious. We do the things that we were too afraid to do, too diplomatic to attempt and too reserved to even think about. Yet, when we grow desperate enough, we become fixed on Jesus and determined to touch him by any means necessary.

She makes her way through a pressing crowd to get to Jesus. When is the last time that you did not care who you had to pass by or leave behind to get what you needed from God? When is the last time that you didn't care who was looking at you? Or who your faith offended? When is the last time that you were willing to use every bit of the strength that you had left, to just touch him?

She reaches for his hem and her fingers connect. There is no indication that she was actually able to grab his garment or to hold it. The text leans into her fingers barely scraping the edge of his garment and she was immediately made whole. Mark 5:25-34. This speaks to the healing virtue and power of our Lord. Glory to our God!

Her story was born out of her pain and has given hope to trillions of people over the past 2000 years. The truth is that whenever we meet a character in the bible, we are met with their painful story. There is no way of knowing how many people have been healed through her story.

In 1995, my daughter had just had a baby. During the delivery, things turned critical. Her womb came out of her body with the baby. The doctors did emergency surgery to put her womb in her body.

The doctors put her womb back into her body, but put it inside out and had to do the surgery again. This procedure left my daughter debilitated for the next 9 months. She was bed ridden on heavy pain medication. I took her to several doctors seeking help for her but no one could help her. Her pain increased and it reached the point where the pain medicine was no longer working. One day we had to call the ambulance to take her to the hospital. It was then when we finally discovered that she had a tear in her womb although the hospital tried to withhold that information from us. We discovered it by overhearing whispering between the X-Ray technicians. However the hospital did not help us. When we returned home, I felt desperate and helpless. I prayed and told the Lord "If you don't heal her she is going to die". I knew that she was bleeding internally. We were now 9 months into her affliction and she had grown worse.

On Sunday when I got up for church, the holy spirit spoke to me. He said, "take your daughter to church". It would be a difficult task. She was weak and spent all of her days in bed. I asked my husband to help me to get her dressed. He was not understanding at all. He said, "she can't go to church!" But I was desperate. I begged him to help me to get her dressed and to carry her to the church. At the time we lived directly across the street from our church and I was able to convince him to help me.

When we got to church, we sat her down on the back row of chairs. She was in terrible pain. She was doubling over in her seat, but I knew that it wouldn't be long before God would come and heal her. I went to the front of the church and joined the believers in worship. During the worship the praise went thunderous; the choir stopped singing, the musicians stopped playing and all that was heard was the collective cries of praise filling the room. The sound was glorious, even heavenly. It was as though the heavens had opened and we were joining in with the angels in worship to God. Regardless of my spiritual analogy, what I knew for certain was that God was there. The King of glory had entered His sanctuary. My heart leaped for joy as tears flowed down my face. I was in awe of His faithfulness and peace filled

my heart. Just then, Pastor Larry took the microphone and gave a word of knowledge. He knew nothing of my daughter's affliction, but he said there is someone with female problems, put your hand on your stomach; God is healing you! At the time I was so engaged in worship that I didn't see what was happening in the back of the sanctuary.

One of my sisters in Christ tapped me on the shoulder and told me that my daughter was on the floor in the back. I ran to the back and there were female elders kneeling on the floor around her. She was crying with her hands lifted in the air. When she saw me she cried, "Mom, I'm healed".

She testified that when the word of knowledge came forth, heat shot straight threw her body knocking her to the floor. Just as sudden as it happened the pain was completely gone. She never suffered again and has given birth to two children since then. Due to her illness, my daughter had not been in church for 9 months. What if God had not allowed me to grow desperate? When the desperation came, we didn't care what people thought of my daughter having a scarf on her head. We didn't care what anyone thought. We were desperate and in our desperation, my daughter was healed. Thank GOD for the gift of desperation.

One Day God said to me, "when I act, do not just pay attention to what I did, I want you to see who I AM." God wants us to know His ways. Through that difficult time, I grew closer to God. It was in that time that I learned that God will always require our faith. Couldn't God have healed my daughter while she lay at home in her bed? Absolutely! However, I learned that God wants as many as possible, to see His glory, to know that He is Alive, that He loves them, that He is Our Healer and that nothing is too hard for Him.

Approximately three hundred people saw the glory of God that day. Pastor Larry called on my daughter to share her testimony with everyone. That one act of God brought some to faith. Others were inspired in their faith. Still others received hope where they had lost hope.

The glory that is in your story is God serving notice from heaven that He is present with you and will faithfully fight for you. He loves you with an everlasting love. Nothing is too hard for Him. Trust Him and He will show you great and mighty things. Pray always and never give up. We receive many of these notices down through the years. We write them in our journals, but the Holy Spirit has etched them in our hearts forever! We look back and notice that through our pain, we grew in faith, we gained strength, we were humbled, we learned discipline, we overcame

a fear; we developed a skill or an ability. We grew in compassion. We became more resourceful in some way or grew in our sensitivity to the holy spirit. We learned to forgive or to trust God through the darkness. We received a promotion and gained authority over an enemy. Perhaps the greatest of all is that we grew in our knowledge of God. After all the glory of God is given for this purpose: that we might know Him.

You may be asking, but why do I have to endure pain, hardship and suffering to know God? David writes in Psalm 62:11 "God has spoken once, Twice I have heard this: That power belongs to God" Peter echoes David in 1 Peter 5:11. "For all power belongs to God, now and forever. Amen." How did they know this? How did they know that the devil was not the one who owned power? How did they know that men were not the ones who owned power? Was it because someone had told them?

No, of course not! Even if someone had told them, they would not have believed it, unless they had reason to. They knew that God was all powerful because they had personally witnessed God's power. David had witnessed God overpowering armies of men. Peter had witnessed the Lord overpowering demonic forces. David saw God bring down Kingdoms, while Peter saw God establish His own Kingdom. They had both witnessed the power of God in many instances, but moreover they had both experienced the power of God changing their own hearts and their lives. It was God who took a shepherd boy and fishermen and made them world changers.

David was overlooked by his father, but the oil on his life was flowing. Moses spent 40 years on the run after committing murder, but he spoke to God face to face. Joseph was betrayed and discarded by his own brothers, but he rose to a position of power. Jesus was crucified by the people he came to save; *"Therefore God exalted him to the highest place and gave him the name that is above every name" Phil. 2:9.* The pain of your story is the platform that you will stand on to proclaim the glory of our God! Haleleujah!

Healing from emotional pain helps you to recapture your authentic self. There is no need to run or to hide from the pain of your story. As common as air, are the painful stories of the people of God. Your story is a valuable resource for knowing God, knowing yourself better and helping others. Your passions, hatreds, inclinations are all born out of pain. It's the pain of our stories that connects us and sets us to war against the evils that take people captive.

Can you write a paragraph highlighting how the pain of your story has shaped you in a way that is beneficial to you and others.

CHAPTER THREE

IDENTIFY

Imagine for a moment how different your life could be if you never had a negative thought? If you never doubted if God was going to answer your prayer? If you never questioned if your business idea or ministry was going to succeed or if you would prevail over your enemies? But instead, your thoughts were always optimistic and full of hope! Scripture tells us that our minds have to be renewed; not REPAIRED, RENEWED! The Apostle Paul writes, *“And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God Romans 12:2.”* When God is seeking to renew your mind, He is acting to flush out all unfaithful thoughts. *Without faith it is impossible to please Him (Heb. 11:6)*. And unfaithful thought is any thought that does not agree with the word of God. God wants to establish thoughts that are cognizantly aware of His Lordship over your life! Worry, fear and anxiety, are formed out of a presumption that you are alone in an exhausting battle. It can also derive out of fear of God not doing things the way that you want Him to do them. God wants every thought to originate from a genuine awareness of His eternal presence and faithfulness. The residuals are continuous, overflowing joy, peace and power!

What if God does not answer me in the way that I want him to? This is a question that many people have. The answer is simple to explain but not always easy to embrace. God's love for you and for your loved ones far surpasses the love that you have for yourself and for your loved ones. As human beings we are more limited than we like to believe. We do not have sovereign power, unlimited knowledge or eternal presence. We serve a God who has these attributes, but we do not have them. This inability to have control over our health and wellbeing, our children's health and wellbeing, can at times make us afraid for ourselves or for our loved ones. On top of that between the malice of Satan and the evil of mankind, we are vulnerable to accidents, sicknesses, and other unwanted occurrences. God knows and understands this perfectly. This is why He tells us to trust him and that we will be cursed for trusting in men, who like ourselves are limited in knowledge and power.

Trust does not only mean trusting God for the outcome that we want. Trusting God is much bigger than that. It is trusting Him regardless of what He decides the outcome should be. It is trusting that He is powerful enough to see us through any trial, difficulty, problem or outcome.

The trust that God calls us to is total abandonment to Him. This of course is called "growing in our faith in God." Listen to what the measurement of faith that the disciples grew to have in God. *"And they overcame and conquered him because of the blood of the Lamb and because of the word of their testimony, for they did not love their life and renounce their faith even when faced with death"* Rev. 12:11 AMP.

Our thoughts, the scriptures teach, are at the center of our emotions.

God makes it clear that our thoughts determine how we feel. Paul writes, *"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things"* Philippians 4:8.

God calls for his children to think intentionally, not accidentally. Intentional thinking starts with your identity. Moses, David and Joseph had different stories, but the commonality between them was their identity. Not only were they the people of God, but they identified as belonging to God. Your identity in Christ is worthy of praise. There is no human position or title that is more worthy of honor than that of a child of God.

Think of how David had the courage to go up against Goliath when the entire Israelite army was in fear. David responds, *"You come against me with sword and spear and javelin, but I come against you in the name of the LORD Almighty, the God of the armies of Israel, whom you have defied"* 1 Samuel 17:45.

On a different occasion, David committed adultery with Bathsheba and had her husband murdered. Did he at that time bear the identity as a child of God? Of course he did! Your identity is not characterized by your behavior.

Your identity is who you are, not what you do. John writes, *"Look with wonder at the depth of the Father's marvelous love that he has lavished on us! He has called us and made us his very own beloved children. The reason the world doesn't recognize **who we are** is that they didn't recognize him"* 1 John 3:1. Many people identify themselves by gender, ethnicity, class or positions. The problem with that is that none of these join you to God. The Lordship of Christ alone unites us to God. Knowing and accepting your identity as a child of God creates a new thought life organically, rather than through stressful efforts that continuously fail you. Emotional healing is a gift given through the gospel, not a wage earned through hard labor!

Scripture teaches us that God has adopted us as His own children. Check this out. *"God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ."*

This is what he wanted to do, and it gave him great pleasure Eph. 1:5. God is overjoyed that you are His child. He did not make His decision to adopt you, after you did something good. His decision was made in advance and He followed through with His decision. This is the reason that you are saved and identify as His child. God chose you to be His child and He will never change His mind about you! He is perfect in wisdom and knowledge, which makes his decision to save you, PERFECT!

You will not always act or feel like a child of God. It doesn't change that you are! Imagine if you adopted a 10 year old son from a third world country. Your new son would not think like you, but he is still your son. He would not have your values, but he is still your son. He may not even speak your language, but he is still your son. He may have bad habits and behaviors that you do not approve of, but he is still your son. With patience and love, you will teach him to think differently. Regardless of how long it takes or how resistant he may be at times, he is still your son the entire time. You cannot go by your feelings or behaviors to decide who you are; your faith in Jesus has already decided that you are God's child. FOREVER!

RELIGION teaches us that our identity is altered by our behavior. You might be a neglected child , or a rejected child or an unwanted child or a forsaken child, if you do not always act like God's child. Its erroneous teaching and its human reflection at best, demonic teaching at worst. My question is always, "What does God child act like"? You have to look at Jesus for that answer! The rest of us are striving to become like Him.

The gospel teaches that we are always God's children and deeply loved by Him, because of Christ's obedience! What an amazing love! This unconditional love emanates from the mind and heart of God. It is exactly what God revealed to the Apostle Paul when he wrote, *"And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love."* Romans 8:38.

How you think decides how you interact with the world around you. There are so many social media influencers wanting access into your thought life, that we have to be more emphatic about thinking like Christ. We must combat every thought that conflicts with the gospel of Jesus Christ. God's grace is upon you and is yours to access in your journey! Authentic transformation, requires an abundance of God's grace. His grace is sufficient for us, the law is not! (2 Cor. 12:9, Rom. 8:3.)

God has much to say about our thoughts. Many tend to believe that God only observes our words and our actions.

God is way ahead of our words and our actions. His interaction with us begins with our thoughts. David writes, *"You know when I sit down and when I rise up; you discern my thoughts from afar. Psalm 139:2.* All of our thoughts are foreknown by God.

God sees the motion of your soul. Whether our soul is still and at peace, bubbling with excitement or shaking in fear, God sees it, before your soul forms a thought around its motion. Before we are aware of our thought, God has already seen our thoughts taking shape, and has seen the reason, the nature and the outcome of the thought. God graciously and faithfully sends his word to interrupt the path of toxic and unfaithful thoughts. Sometimes a powerful sermon, a rhema word, prayers, songs, prophecies, words of wisdom and encouragement are all sent to battle against negative thoughts. You are not alone in your battle for an intentional and powerful thought life. The Lord of heaven's armies is on the frontline of the battle! Emotional healing is the reward of being renewed in the spirit of your mind.

In order to dig deeper into your story, we need to identify two key things.



What is the most painful part of your story? (Write it in your journal).



What negative emotions do you often feel? I.e. (fear, sadness, anger).

CHAPTER FIVE

WHAT IS EMOTIONAL HEALING?

Emotional healing is the CURE for deep and painful soul wounds. When we experience painful events, the memories can continue to have a negative impact on our daily lives. There are many ways to get help for emotional hurts , but only one way to truly be healed. First I will offer what emotional healing is not and then I will offer a simple and clear definition of what emotional healing is from a spiritually informed perspective.

Emotional healing does not involve masking or hiding your pain. It is not a fake it til you make it attitude that was at one time taught by legalistic religious thinkers. They suggested that you should act like you are healed, in order to oneday be healed. This method is disingenuous. By acting you will never be restored to your authentic self. Additionally it perpetuates feelings of guilt and shame, because it suggests that it's wrong to be emotionally wounded; that it is unchristian to be stuck and unable to move beyond your pain. Perhaps even worse is that it suggests that God cannot genuinely heal us from within, when just the opposite is true. King David writes, *"He heals the brokenhearted and binds up their wounds"* Psalm 147:3.

Genuine Healing in contrast is genuine and reliable. It involves three key promises.

-  **BELIEVING** - Believing is not a feeling, it's a decision! "Believing will build confidence in your heart of achieving your expected outcome."
Blessed is she who believes, for there shall be a performance of things spoken to her by the Lord Luke 1:45.
-  **PRAYING** - Practicing a daily life of prayer will give you hope and power. Prayer is not monologue, it's a dialogue with God. Pray with your bible open. *"Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns"* Phil. 4:6.
-  **THINKING** - The reward of thinking good thoughts is immeasurable. Thinking does not have to be accidental, it can be intentional. *"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any praise, think on these things"* Phil. 4:8.

CHAPTER SIX

YOUR FEELINGS MATTER

Early in my Christian learning, I was taught that God did not care about my feelings, He only cared about my obedience. It's far from true! Although it was many years ago, I still cringe at the erroneous thought that our loving, merciful Father does not care how we feel. God absolutely cares about our feelings and He wants us to feel loved, valued and satisfied. After all, peace, joy, love and compassion are gratifying feelings that God offers to us.

How you feel matters. Shaming yourself for having unpleasant feelings is equivalent to shaming yourself for being human. Our feelings simply indicate that we are not happy about every event that has or is happening in our lives. Jesus never responded adversely to a person's tears, anguish or pain. The good news is that God changes how we feel.

Paul says, *"And in the midst of everything be always giving thanks, for this is God's perfect plan for you in Christ Jesus" 1 Thes. 5:18.* This scripture has been a source of confusion for many. They ask, does God expect me to be thankful for tragedies or for all of the human suffering that takes place daily? Of course not. Giving thanks is not about the circumstance. Circumstances are temporary! They will change! We give thanks to God for who He is! No matter what you are going through God does not change how He sees you or feels about you. He will never change his mind about how much He loves being your Father. Hallelujah!

He doesn't leave us in our darkest hours. He says, *I will never leave you or forsake you. Heb. 13:5.* This promise is recorded over one hundred times in scripture. You are never alone. God is with you to help you! Isaiah writes, *"For I am the LORD your God who takes hold of your right hand and says to you, Do not fear; I will help you" Isaiah 41:13.*

What God knows is that our own heart will fail us. We cannot have any expectation of getting peace from our own hearts, or joy from our own hearts. We can have an outward appearance of piety and submission to God, but our hearts know our secrets. It knows our insincere or hypocritical thoughts. Even when our prayers sound bold and confident, the heart knows if we are inwardly anxious, worried or afraid and our own heart will condemn us. You may wonder, how then, can I connect with my heart to God?

God has you covered. For John writes, *"If our hearts condemn us, we know that God is greater than our hearts, and he knows everything"* 1 John 3:20.

God knows everything that is in our hearts in light of our past. He knows that you cannot depend upon your own heart to find its peace. When we draw our confidence from Christ, our peace flows from a heart that never condemns us! The heart of God!

"If the only prayer you said was thank you, that would be enough."

Meister Eckhart

CHAPTER SEVEN

HEALING ON PURPOSE

You did not choose to be hurt, but you can choose to be healed. No one who has suffered deep emotional pain, will heal by accident. Time does not heal our inner wounds. God does and *"He does all things well" Mark 7:37*. Even so, God heals us when we are willing to be healed on purpose. When you are willing to be healed on purpose you have an aim. A goal that you are striving for. Healing should not be solely for the purpose of feeling better but becoming better.

For years, I sat and waited for the people who hurt me to come and apologize. I wanted them, in fact I thought that I needed them to acknowledge that they had hurt me. I wanted the same people who had hurt me to come and heal me. It sounds ridiculous, looking back, but for years I felt they owed me that and I wanted them to pay up. One Day the Lord said to me, "Daughter, about the people that owe you, they are never going to pay you. Furthermore, they cannot heal you, even if they apologized in sackcloth and ashes." Boy was God right! Not only did I never get their apology, I didn't need it either. God will never consult with another person regarding your healing. He needs only one person to agree Him for your healing and that person is you! Once I made the decision to be healed by God, God went to work. I had not realized that I was putting my trust in the same people that hurt me to come and heal me. Sounds crazy, I know. It's just one example of the way that pain clouds our vision.

Oneday I read the story of John 5 and that is when I realized that I was not the only one who had been depending on man to heal me. In John 5 we meet a man who was lame from birth, laying by the pool of Bethesda. Every year an angel would stir the water in the pool making the water medicinal. The first person to step into the water was instantly healed of their infirmity. Naturally, a lame man would not be able to step into the water at all, much less be the first to do it. His situation seemed hopeless. When Jesus saw the man sitting near the pool, Jesus walked directly over to him and asked the lame man a startling question. He asked "Do you want to be healed"? The man gives the Lord an excuse. *"Sir, I have no man, when the water is troubled, to put me into the pool: but while I am coming, another steps down before me" John 5:7.* Jesus gives the command. *"Arise, take up your bed and walk vs.8."*

Walking was a task that the man had never been able to do over his entire life. The command seems absurd. The inconceivable order would require faith. Would the man attempt to stand on legs that had failed him from birth?

The lame man intentionally stands to his feet, picks up his bed and walks. His healing was not a mistake. We heal not by accident, but willingly, by faith and on purpose.

Jesus focused his ministry on healing those who were oppressed, stuck and held captive by pain and torment of various kinds. Unquestionably, it is the Lord's mission to heal, to set free, to release us from the spiritual, mental and physical prisons that restrict us from having joy, peace and assurance. The Lord Himself is the Balm of Gilead. The healer of all manners of sickness and disease; both internal and external. Whether the pain is from a troubled past, a present sickness or anxiety over the future, Jesus is the divine remedy for all of our maladies.

Healing is contingent upon the events that we have suffered. We can be more deeply hurt by some events more than others. The depth of our emotional hurt varies; For example, we may have our feelings hurt over a harsh criticism; or be heartbroken over the loss of a loved one. Our emotional hurts can also deepen over time if we are not healed.

What we can expect by being healed is:

1. *To develop a pure and authentic self image.*
2. *To find rest for the soul. ie. (Freedom from guilt, shame, anxiety, fear and other unpleasant feelings).*
3. *To discover purpose.*

Healing on purpose has two keys.

- A. **Committment** - Committment is not over exerting yourself. It is not trying to be perfect and to get it all right. It is a posture of the heart. It is our willingness to keep our heart open to listening and learning. Without commitment one can only arrive at a superficial and lifeless end. Many times we commit ourselves to helping others while neglecting ourselves. We care tirelessly for those who depend on us. Our duties to others cannot come at the cost of self neglect. Making time to commit to your own emotional healing will make you feel better, function better and be the best you that you can be. A person can never know their full potential apart from commitment.

"Once the commitment is clear, you do what you can, not what you can't. The heart regulates the hands". 2 Cor. 8:12 MB.

B. **Keep Learning** - Set your mind to learn. Learning is not gouging on information. It is done little by little like furnishing a home. Read, watch informative videos, listen to podcasts. Reflect on what you learn. Create conversation with others who will talk to you about what you are learning. Write things down that you want to remember and apply yourself to remembering them.

"Get wisdom; develop good judgment. Don't forget my words or turn away from them. Don't turn your back on wisdom, for she will protect you. Love her, and she will guard you" Pro. 4:5-6 NLT.

CHAPTER EIGHT

YOUR EMOTIONAL I.Q.

Our relationships with others help us to see our need to be healed. Our experiences and interactions with others - our parents, our teachers, our friends, our spouses, our colleagues and our pastors help us to identify our emotional wounds and our need to be healed. We also learn many of our emotional responses. We learn a lot about how to manage our emotions from our parents. We can call it our emotional I.Q.. When we are children we watch how our parents and others respond emotionally to life's difficulties. For example if they refuse to talk about their pain, we learn that it is unsafe to express how we are feeling or that it is shameful to be unable to cope with it. Consequently we suffer in silence. If they complained about their pain but did nothing to resolve it, we learn to cycle in our own emotional pain. If they attack the pain, we may become defensive, aggressive, and even violent toward those who hurt us.

“Many of us do not know how to manage our emotions well, because we haven't been taught. That's not our fault. Unfortunately, the more that we judge our emotions, struggle with them, avoid them, the worse we feel (33). This will impact our ability to learn new techniques. Our goal is not to fight against what seems organic for us, but to be willing to evaluate if our emotional reactions are working for us or against us; and be willing to learn new skills to help you feel good about yourself, your relationships and your achievements.

When I was growing up, I saw my mother cry over every difficulty or problem. Of course she did, because she was mentally cognitive. Psychologists said that she had the cognition of a 6 year old. She therefore didn't have the power, the resources or the cognition to think through problems and find solutions. So, she cried over every pain, problem and every discomfort. As I grew up, I cried all of the time. This emotional response followed me into adulthood and the frustration that I felt was unbearable. No matter how much I prayed for strength, for courage and for the fortitude to face my problems without tears, still I cried. It was so frustrating for so many years. No matter how hard I tried, I could not break out of the compulsion to cry whenever I faced a problem. Looking back, I was so hard on myself. I judged myself and blamed myself for being so weak. This led to shame and guilt which served as the locks to keep me imprisoned in that way. Getting angry at ourselves never helps. It presumes that we are at fault for being unable to heal ourselves. Be kind and be merciful to yourself in your process of healing.

While attending a prayer meeting right before God called me to the Pastorate, God spoke to me through a prophet. He said, "God said, that you have an emotional weakness, but today I heal it for the sake of the ministry". With that word, I went down under the power of the anointing and laid on the floor in God's presence for what seemed like an hour. When I got up, there was still the work of faith that I needed to do. What God had done was to make me aware of the journey ahead and to make me willing to walk through the process of increasing my emotional intelligence. My tears were the cry of a 6 year olds response to problems and pain. Wow! I had learned this from my mother who had a physical and mental disability. The good news was that I did not have her disabilities. I could learn how to increase my emotional intelligence (Emotional I.Q.). I came to understand why I cried, even when a situation did not call for tears. Over the next several years through prayer and through the study of the scriptures and profound biblical teachers and the counsel of the holy spirit, I grew my emotional I.Q. Emotional intelligence comes with understanding our emotions; ie. where they come from, how to manage them through surrendering to the holy spirit and how to be healed from the emotions that are based on deception.

What I also learned through that experience is that our healing is not just for us, but for God and for others as well. Our healing is not just for us to feel better, but to become who God ordains us to be. Unfortunately, God does not always get the immediate result that He is seeking. That is because He allows people the choice to either yield to Him or to reject Him. In scripture we see Jesus heal the 10 lepers but only one returns to thank Him. This implies that only one sought Him after the lepers were healed. Only one took notice that Jesus was the Lord and returned Him. Many were healed, but not all who were healed, saw the glory of God in Jesus Christ.

Emotional support gives us the groundwork needed to be emotionally healed and healthy. If we are not taught how to cope with painful events or consequences ie. (negative thoughts, feelings and impressions, we react impetuously. When we are emotionally healthy we will react honestly and thoughtfully and have a better outcome.

Can you identify any emotional responses that you learned?

CHAPTER NINE **EYES ON THE PAYOFF**

Imagine waking up in the morning completely healed in your emotions. All of your painful memories have disappeared. Your heart is filled with joy and peace. You don't even remember feeling afraid, angry or depressed. Everything is new. How would you spend your day? What would be different about how you think, feel and act?

“And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you” 1 Peter 5:10.

God knows we do few things without a payoff. The age old question, regardless of how eager we are is “what’s in it for me”? That is not a bad thing, in contrast the payoff is what motivates us to keep striving. It's good to expect to be rewarded. It's even better when you get to name the reward. Emotional healing will enhance every area of your life. You will find yourself having new ambitions, new experiences, reaching for new goals and achievements and forming new relationships. Review what areas of your life that you want to see improved success.

-  Education
-  Work/Career
-  Relationships/ Family, Social
-  Health/Physical, Emotional, Spiritual
-  Personal Development
-  Recreation
-  Community

CHAPTER TEN

WILLING TO BELIEVE

“being fully persuaded that God had power to do what he had promised.”
Rom. 4:21

Believing is not always easy, even though we know we need to do it. Many people like to pretend that believing God is routine and ordinary. Not at all true. Saying that we believe God is routine and ordinary, but actually believing God challenges us in every way. When we step out to believe God for change in an area of our lives, we feel it. It challenges us physically, emotionally and even spiritually. It is in these times that our weaknesses, our lack of knowledge and lack of experience is easily seen. This makes us feel vulnerable, which is a feeling that not many of us enjoy. We may even feel that our security is threatened which may bring on an initial sensation of stress, nervousness and even fear.

When God sent me to Bethlehem Pa. to Pastor, I had no idea of what it would be like. I can remember very clearly, the anxiety that I felt as we traveled down Rte. 78 headed into Bethlehem, Pa. I was believing God with every bit of faith that I could muster up, but I still felt a range of threatening emotions. I even felt stressed at times. Of course God kept his promise and provided for my family every step of the way. He also provided for the church plant, location, people and everything that we needed. However in the process of trusting God for such a huge change was both exciting and exhausting.

“Unwillingness is when we are hesitant to try something new. We are reluctant because we doubt being able to have the outcome that we hope for. We are curious as to whether or not it will be worth our effort. We concern ourselves with the “what ifs”. What if it doesn’t work? What if I’m not able to do it? What if I mess up? Newness in some ways intimidates us. This is quite understandable. We have all made attempts at things that did not produce a good outcome for us. It is the “what ifs” and the what if it doesn’t work that makes us hesitant”, (28). When we are hesitant we resist opening our hearts to God. God calls this unwillingness.

In Matthew 14, we read the story of Jesus walking on the water. All of the disciples knew that it was Jesus. Yet, only one asked to walk on water. Most people focus on the fact that Peter walked on water. Others focus on the fact that when he saw the waves, he began to sink.

But just for a moment, I want to focus you on all of the other disciples who did not dare even try!. They made no request. They remained safely in the boat. It's understandable. No man had ever walked on water and Jesus had already proven to be more than a man. He was God's divine son. It stands to reason that the 11 would hesitate to try something new. This is the majority, not the exception. Unwillingness is a huge problem in the church. Jesus never tells us that we cannot do something. He always points to our unwillingness to do something new.

To be willing means to be ready. Willingness is in the moment. It is not a feeling, it is a posture of the heart. Peter was ready to walk on water. When the Lord said, come, Peter stepped right out of the boat and walked on water. We know that he didn't get the outcome that he had hoped for. Whenever we try something new, we may not get it right the first time. Being willing is not trying to be perfect. It's taking actions toward becoming.

When the disciples first tried to cast out demons. It didn't work. Yet, when we get to the book of Acts, the disciples are doing all of the works of God. A person who is unwilling to change how they think has only one end. Sameness! The one who is willing will be healed and see amazing changes in their life!

What I have seen over my years of serving in Christian leadership are those who want to advance their culture, family values, personal morals, historical beliefs etc. above the gospel principles and the word of God. While these things are important we must be willing to divorce ourselves from any value, principle or ideology that does not align with God's word. Willingness is what is most important to God. God can work miracles through a willing vessel. Willingness is not precision, it's the posture of our heart.

Being willing does not mean that life will be without testings, trials and even perhaps tragedy. Willingness means that we will keep our hearts open to God, trusting Him and using the strength that He gives us to continue doing His will and His work. When we are willing, God continues to work with us and through us in the good times and in through hardship. In addition it means that God will never leave us or forsake us, even when we make mistakes.

Kathryn Kuhlman became a traveling revivalist in the early 1930's. She became known as the miracle lady as God performed a multitude of amazing documented miracles through her ministry throughout the country and abroad.

When I was in school at Oral Roberts University, we had to study the ministry of Kathryn Kuhlman and answer the question, why did God use her the way that He did? She undoubtedly saw more miracles in her ministry than perhaps any other Minister has seen to this day. Doctors sent their patients to Kathryn Kuhlman revivals when they had no cure for their patients. Debilitating, life threatening diseases such as Multiple Sclerosis, Terminal Cancer, Cerebral Palsy was healed with medical documentation and proof. It was an amazing time for the American church.

Kathryn Kuhlman had not had a perfect life. While in ministry she made the mistake of dating and marrying an Evangelist that she had met during her ministry. The problem was that he was already married and he divorced his wife and abandoned his two children to marry Kathryn. This decision tore her ministry apart and she was left to start over without any help at all. The marriage ended in divorce.

It was sometime after the divorce when Kathryn had her transformation, committing her entire life to God and becoming known as the miracle lady. In my dissertation of Kathryn Kuhlman's life, I believe that her past mistakes made her more aware of both the reality of God and her personal need for Him. As a result God used her tremendously. She would often point to the closeness she had with the holy spirit. After her divorce in her loneliness, Kathryn found a friend in the holy spirit. What is apparent is that Kathryn Kuhlman was willing to let God have every bit of the glory for the miracles that He performed throughout her ministry. Being willing to let God have His way, His will and His glory is the portal to a transformed life that shines brighter as the day dawns. Check out some of her videos on youtube.

Affirmation: I will not give into any temptation to remain the same. I am willing to be healed. Everyday, I will look to God for a step of faith that I can take toward changing how I think. As my thinking changes, my feelings will change and as my feelings change, my behavior will change. I will be patient and treat myself graciously as I am seeking to be healed in my emotions through drawing closer to God.

CHAPTER ELEVEN

KILLING THE ANTS WITH LOVE

“Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things” 1 Cor. 13:4-7.

“Whenever we face the prospect of doing something unfamiliar we get images, ideas, words or memories that come into our mind without our conscious control. These are called Automatic Negative Thoughts (ANTS). We tend to listen to them and believe them and respond in accordance to them”.

“These thoughts can include blaming ourselves or others. Comparing ourselves to others. Empty positive thinking; to think optimistically to avoid problem solving. Worrying about a particular task, concern or fear”. Self criticizing, putting yourself down and bullying yourself”(36-40).

Can you Identify the ANTS that you want to get rid of.

1. *Write down the Automatic Negative Thoughts (ANT'S) that interfere with your life. (Write as many as you can recall and ask yourself if it is true)?*
2. *Write down good thoughts that you want to replace the ANTS. Be generous!*

Prophetic declarations are powerful. They can end the waving and wandering of the heart, (125). Practice this everyday during your time of prayer. Feel free to make it a part of your morning prayer and watch God work on your behalf.

Prophetic Declaration: God is with me and will be with me throughout the day. He is with me when I sit quietly and when I rise to act. He knows my thoughts from before they form in my mind. He will capture every thought that does not come from him and re-establish my thoughts to be faithful, peaceful and powerful thoughts. God has given me a sound mind. I shall not fear what men can do to me. I have a readiness and a willingness to be renewed in my thinking. My words will reflect the changes in my heart. I am aware that everything I do and say shifts my world and makes ripples in the worlds of the people that I love. I have the mind of Christ and the mind of Christ will guide my thoughts, my words and my actions throughout the day. When things get difficult, I will remember that I am not alone.

Jesus is the Lord of my life and will help me! I will put my trust in Him. I will violently cast down every thought that does not come from God and quickly accept that God loves me and is present to help me through every situation that I face.

CHAPTER TWELVE

REST FOR THE SOUL

"Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls".

Matthew 11:29

Why pray? The Yoke of Jesus is prayer. Prayer is not about you, it's about God. It's about God's way, God's will and God's timing. "One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples." Luke 11: 1. None asked, teach us to raise the dead, or teach us to heal the sick, or teach us to preach or teach us how to get wealth. They wanted a lesson on a practice that would allow their souls to rest.

The disciples stood by quietly waiting for Jesus to finish praying. They dare not interrupt Him. Jesus was swept away into God's presence without any awareness of time, space or the problems of this world. It was in prayer where His soul was most at rest. Peace overwhelmed Him and the light of God's presence encaptured Him. Sickness, disease, evil and wickedness surrounded Jesus daily. In prayer, He was refreshed, renewed and revived. He trusted not in his flesh, but in the sovereignty of God's presence and power.

We all know the blessing of a peaceful night's sleep. We watch children sleep soundly after being tucked in at night by their mother. Their mind is at rest, their soul is at peace. Rest for the soul is found in the practice of heartfelt prayer. Bring your troubles to God daily. Jesus says, "Come to me, all who labor and are heavy laden, and *I will give you rest for your soul*" Matt. 11:28. In prayer your soul will be eased from the strenuous activity of the day. The soul is working even when you are physically inactive. Just as your body needs rest, your soul needs rest. The soul of a person who practices prayer will never grow weary.

Life's difficulties do not stop as you seek to be healed from a past hurt. Between the malice of Satan and the evil of mankind, more trials will come. Yet with the practice of a daily prayer life, you will have divine help. You are never too busy to pray. God can strengthen the most feeble of us in a moment. He can empower the least gifted of us in an instant. He can bring down walls of steel in a microsecond. Nothing is too hard for God. He strengthens the weak, the sluggish and the hesitant. Practicing a daily prayer life is the fast track to healing.

CHAPTER THIRTEEN **THOUGHTFUL THOUGHTS**

Good thoughts activate feelings of calmness, worthiness. self assurance and happiness.

Phil. 4:8 says, Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. Phil. 4:8 KJV.

Thoughtful thoughts do not involve positive thinking. Positive thinking suggests that by thinking you are successful, you will become successful. This can lead to disillusionment as it implies that by thinking positive you can become whatever you want to be. Additionally, it promotes unrealistic expectations rather than setting goals according to your faith so that you can measure your achievements.. We should be ambitious in our goals. However, realizing that we can achieve them by work that is done by faith in God. Emotions, thinking and learning are all linked.

Thoughtful thoughts are accurate and self affirming. They involve two keys.

1. *Refuse self deceiving thoughts. ie (I always mess up, or I can never do anything right). These thoughts are not true. Psalm 119:29 says "Keep me from lying to myself". Pray this daily.*
2. *Practice formatting your thoughts to be self assuring. (ie, I did not achieve my goal but I will do better next time).*

Emotional Healing takes time and lots of self grace and patience, but it is possible. Messing up should never mean giving up. As Jesus declares, "With God All things are possible" With the explanations and techniques described in this book and Gods help to apply them, you can be healed. Stay optimistic, stay in faith, and stay committed to becoming the best you that you can be. Your authentic self.

Dr. Ramsey Hart informs us "Everything you do and say shifts your world and makes ripples in the worlds of those around you!"

About the Author

Donna Mosley has been in Christian Leadership for over 30 years. She was born to a mentally cognitve mother and an absent father. As a result Donna struggled from her childhood through molestation, rejection and verbal abuse. By her teen-age years she felt unloved, unnecessary and unworthy. Her life became crippled with fear, anxiety and negative thoughts. Once being rescued by Christ as the age of 24, She spent years researching and studying the problem of emotional pain and woundedness. Her years of study paid off and has allowed her to be a vessel that God uses to assist others to be healed from the pain of their past. Donna holds a BA in Christian Administration from Oral Roberts University, Tulsa, OK. She is the Pastor of Beauty for Ashes Life-Changing Ministry (B.A.L.M.), Bethlehem, Pa. Donna also has a production company where she uses her gift of playwriting to stage realistic and relatable shows that assist people in their journey of knowing God. Donna Mosley's Apples Collection was launched as a subsidiary to provide multimedia tools and literature to create conversations that help people to conquer the pain of their past. Donna is Married with five adult children and 14 grandchildren. She presently resides in Bethlehem, Pa.

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