

## GOD'S GYM – Part 5: Healing Old Wounds

*“Therefore, strengthen the hands that are weak and the knees that are feeble, and make straight paths for your feet, so that the limb which is lame may not be put out of joint, but rather be healed” (Hebrews 12:12,13).*

Sometimes we need to go back before we can go forward.

Our spiritual growth process can sometimes be *hindered* by old emotional wounds that have never been treated.

An emotional wound is a weakness in our personhood that is the result of something that has happened to us earlier in life.

*“And we urge you, brethren, admonish the unruly, encourage the fainthearted, help the weak, be patient with all men” (1Thess.5:14).*

*“Now we who are strong ought to bear the weaknesses of those without strength and not just please ourselves” (Romans 15:1).*

*“Who is weak without my being weak? Who is led into sin without my intense concern?” (2Corinthians 11:29).*

*“For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin” (Hebrews 4:15).*

*“The word (infirmity, weakness) is hardly ever used in a purely physical sense in the N.T. Rather, it refers to mental, moral, and emotional weaknesses, to lack of strength. Infirmities in themselves are not sins, but they do undermine our resistance to temptation. In the New Testament, infirmities are qualities in human nature which may predispose or incline us to sin, sometimes without any conscious choice on our part.” (D. Seamands, Healing Your Heart, p.34)*

*“All of us to some extent live two lives: an external life, in which we learn the feelings, attitudes and behaviors that are “safe” to express; and an internal life, in which we closet away our “unsafe” traits, which exist isolated and undeveloped. Our tendency is to keep the “unloved” parts of ourselves forever under wraps, with the hope that in time, they will go away and not cause us more pain.” (John Townsend, Hiding from Love, p.30).*

*“But the things that proceed out of the mouth come from the heart, and those defile the man. For out of the heart come evil thoughts, murders, adulteries, fornications, thefts, false witness, slanders. These are the things which defile the man; but to eat with unwashed hands does not defile the man” (Matthew 15:18-20).*

**Pursuing Two Kinds of Growth: (Hiding from Love, p.52).**

**Maturing growth deals with our “on schedule” parts.**

**Restoring growth deals with our “behind schedule” parts.**

*“We need both types of growth. We need to keep maturing into the image of God in those areas in which we are undamaged. But we also need to find and let God restore those aspects of our souls that are damaged, in a state of permanent immaturity, split off from relationship, and in*

need of restoring growth. Restoring growth is redemption. It is "buying back." It is God's reclaiming, by Jesus' death, what has been lost." (HFL, p.54.)

### **Healing Old Wounds: Action Steps. (From pp.18-20 of Seamands' book.)**

- 1. Face your emotional wounds squarely.**
- 2. Accept your responsibility to deal with these wounds.**
- 3. Ask yourself if you truly want to be healed.**
- 4. Forgive everyone who is involved in your problem.**
- 5. Forgive yourself.**
- 6. Ask the Holy Spirit to show you what your real problem is, and how you need to move forward.**

*"Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any hurtful way (literally: 'way of pain') in me, and lead me in the way everlasting" (Psalm 139:23,24).*

### **Books and Resources on Emotionally Healthy Spirituality**

#### **Assessment Tool:**

Inventory of Emotional/Spiritual Maturity: Go to [www.emotionallyhealthy.org](http://www.emotionallyhealthy.org) and download their free emotional health assessment tool. Very helpful!

#### **Books: (These are a few that Shirley and I have personally found helpful.)**

1. Peter Scazzero: *Emotionally Healthy Spirituality* (Nelson: 2006). Workbook available.
2. Dr. John Townsend: *Hiding From Love: How to Change the Withdrawal Patterns that Isolate and Imprison You* ( Zondervan: 1991,96). Workbook available.
3. Dr. Henry Cloud: *Changes that Heal: How to Understand Your Past to Ensure a Healthier Future* (Zondervan: 1992). Workbook available.
4. Dr. Paul Hegstrom: *Broken Children, Grown-up Pain: Understanding the Effects of Your Wounded Past* (Beacon Hill: 2001,2006).
5. David Seamands: *Healing Your Heart of Painful Emotions* (Inspirational Press: 1993). A collection of four books by Seamands on various aspects of Emotional Health.

Training Tips online this week will provide more information/resources to help you understand and apply these principles of Emotional Health to your life.