

## How to Gain Emotional Freedom

- A. Realize negative emotions can control the believer's behavior.
1. Most people believe that behavior and responses are direct results of some action of another (offense) or an event (car accident). We think that the event happens and we respond.
  2. In reality, present events or actions of others first go thru our *core belief system* that the scripture defines as the heart.
  3. The core belief system (heart) contains our thoughts (reasoning), our memory of things done to us, by us or around us (history), and our memory of the emotions we felt during those events. These help us form our core belief system. Out of this system comes negative emotions which can control our behavior and responses.
  4. (The sad reality) Negative emotions still tend to manage our life and relationships more than positive ones.
  5. (Realize) Negative emotions can not only manage your life and relationships but define your sphere of safety, security, and comfort. These spheres of comfort are called "comfort zones."
- B. Identify controlling emotions. What are some of the most common negative emotions that prevent you from a more meaningful abundant life and spiritual growth?
1. Fear of failure which could result in rejection or just feelings of failure.
  2. Fear of rejection or feelings of "I am rejected."
  3. Fear of losing control (source of many panic/anxiety attacks) resulting in the need to control.
  4. Fear of being alone or abandoned.
  5. Fear of not being loved or feelings of not being lovable (unlovable).
  6. Fear of inadequacy. This fear is related to the fear of failure.
  7. Feelings of being worthless (having no worth or value; feeling dirty or defective).
  8. Deep feelings of shame, guilt.
  9. Fear of not being perfect (which could result in a deep sense of shame and fear of rejection).
  10. Anger.
- C. Understand the dynamics of negative emotions.

1. It is a big surprise to believers that all their negative emotions did not vanish at the time they became a Christian. For some, those negative emotions did change or were altered. For most there was little change.
  2. Emotions (negative or positive) greatly influence our memory.
  3. Being born again only made your spirit alive, it did not automatically change your thinking or emotions (John 3:6, Rom. 12:2; 2 Peter 1:5).
  4. Realize negative emotions are not logical (reasonable).
  5. (In fact) negative emotions seem to have more power in our lives than even correct theology (or biblical truth).
  6. Usually we are more aware of our negative emotions than we are of the historical source of these emotions. Why?
  7. Most of these negative managing emotions are a result of long-held lies we believe about ourselves, others, or God and were instilled in us as kids by events, actions of others, or culture.
  8. What is our usual reaction to these negative feelings?
- D. (Realize) Negative emotions serve at least two positive purposes. Negative emotions can serve as a window into life's storeroom of pain, hurts, losses, thoughts, and lies. See their value to yourself and to others.
1. The first benefit of negative emotions is to reveal how you really look at life.
  2. The second benefit of negative emotions is to reveal how others may view life. This is a major key to people helping. Use their emotions to reveal the needs that God may help you to meet.
- E. Use negative emotions to gain emotional freedom. There are eleven basic keys to this process.
1. Identify the negative emotion.
    - a. (In prayer) Give yourself permission to re-feel the negative emotions (fear/anger) while you are praying. Why?
  2. Identify the wounds that cause these emotions.
    - a. In prayer allow God's Spirit to take you back to those historical events while feeling the managing negative emotion. He has promised to guide you into all truth (John 16:13). The emotions are only a window to peer through and see the events and persons behind those events.

- b. Remember, only you are going back. God is already there, not “was” there. How do we know?
  - c. Start listing the actual hurtful events as God brings them to mind and the persons who caused them. You can also journal them out or just list them. There is an important reason for listing the person or persons who hurt you and what they specifically did.
3. Forgive those who hurt you.
- a. Picture yourself standing before the Lord Jesus or just sensing His presence with you. Then picture the offender(s) standing next to you. They can only listen, not touch or speak to you.
  - b. While picturing the offender(s) standing next to you before the Lord, confess or acknowledge out loud to the Lord Jesus the specific sins they committed against you. Name them but you don’t have to describe them, especially if they are of a sexual nature.
  - c. Acknowledge aloud that you understand that it is the Lord’s responsibility to punish them for their sins. This acknowledges that revenge is biblical, but it clarifies who is to do it, if it is necessary.
4. Identify the lies that were instilled in you.
- a. Traumatic events are like double edged sword. They wound the heart and they instill a lie. Typically, the hurt needs to be identified and healed before the lie can be broken.
  - b. Most of the lies that were instilled into our hearts were instilled at the time of the physical or emotional hurt and trauma.
  - c. It is not always the offenses/hurts that are so damaging as it is the lies that are instilled in the child’s emotional memory.
  - d. Human hurts can be Satan’s opportunity to instill the lies.
  - e. Most offenders are clueless as to the lies their hurtful behavior instills. Behind most negative emotions is a lie.
  - f. Your task is to discover and list the lies that have become part of your core belief system.
  - g. List of lies:
    - 1) “I can’t do anything right.”
    - 2) “I am a failure.”
    - 3) “I’m not loved.”
    - 4) “My parents’ problems were my fault.”

- 5) "I was not wanted."
- 6) "I feel I have to do everything perfectly or right."
- 7) "If I don't do things right I can be abandoned."
- 8) "I caused my mother's or father's problem."
- 9) "The sexual abuse was my fault."
- 10) "If people really knew who I am or what I did they would not like me."
- 11) "I had to be the mother/father of the family."
- 12) "I am responsible for my parents' emotional happiness."
- 13) "I have to fix my family's problems."
- 14) "God does not like me, let alone love me."
- 15) "God does not care."
- 16) "If I was good enough people would like me."
- 17) "I will never get better."
- 18) "God may help others but He will not help me."
- 19) "I'm just too bad."
- 20) "I deserve to suffer the rest of my life."
- 21) "I can't help myself. This is just the way I am."

h. The lies usually surface when you are confessing or acknowledging to God out loud the offender's sin against you.

5. Renounce the lies.

- a. Renounce (repudiate, disown) the lies you were led to believe as a result of hurts that were inflicted by people or events of life (car accident, premature death of a parent, debilitating disease, etc.).
- b. Once the lies have been identified as lies, and not the "truth" we may have believed them to be, they then must be renounced as lies.
- c. When Satan, the father of lies, not sin (Jn. 8:44) is driven from heaven at the beginning of the millennial kingdom of Christ, he is overcome and cast out of heaven by the blood of the Lamb and the word of the believers testimony. That gives us a pattern to renounce the lies from the evil one today (Rev. 12:10, 11).

6. Replace the lies with truth.

- a. It is very important that after you have renounced the lie that you put in its place Biblical truth.

- b. Now affirm the truth which is the first weapon in our armor for spiritual warfare.
  - c. Only **applied** Biblical truth breaks the power of a lie.
  - d. Purpose in your heart that you are now, from this point on, going to live out the truth and no longer live out or practice the lie.
7. Receive forgiveness.
- a. (Address the Lord Jesus Christ) Now, confess your anger, bitterness to Jesus Christ and ask Him to forgive you for your sinful response to the offender's sin.
8. Take back surrendered ground given to Satan.
- a. Take back all the ground you may have given over to Satan through your anger and bitterness.
  - b. Declare now to God that you are going to use all of your new energy and freedom in at least three ways.
9. Cut the control of history.
- a. State aloud that you cannot change history, but today in the name of the Lord Jesus you end (cut) the control the history has had on you.
10. Accept consequences.
- a. It is my opinion that the hardest part of forgiveness is the next step. Affirm that you now accept upon yourself all the consequences of the offender's sin against you. Then ask God to take all the losses and turn them into a benefit for yourself and others.
  - b. The enemy may have meant the pain and loss for your hurt, but God allowed it for His purpose and glory and for your benefit to prepare you to help others.
  - c. Praise God for what He is going to do in your life and lives of others as a result of His working in your life.
  - d. Picture yourself as a trophy of God's healing in your life. Be a living example of the healing God can do in a life that has been so deeply hurt by others.
11. Prepare to minister.
- a. Look for opportunities to help others through the tools you have learned through this experience.

- b. By helping others work through their problems in living from scripture, you will be fulfilling all that the Law intended to do, that is the principle of love.

### **A Sample Healing Prayer**

“Lord, I come and stand before you personally because you have told me to do so. This is my dad. I realize he can’t say anything or do anything but stand there. “I have come to realize my dad hurt me by yelling at me and screaming at the top of his voice, “You’ll never amount to anything.”

“He instilled the lie that ‘I can’t do anything right.’ I affirm you are my Lord and Savior and I hold up the blood of Christ and I come against that lie and renounce it in the name of the Lord Jesus.” “I acknowledge in my heart that it is your responsibility to punish him, but I pray that you grant him grace, mercy, and pardon just like you granted to me.”

(Turn and face your dad.) “Dad when I was a kid you lost your temper with me and yelled at me and told me I would never amount to anything. I realize it is the Lord’s responsibility to punish you. Only because of His death on the cross, I have asked Him to grant you grace, mercy, and pardon just like He has granted me. I now send you and your sin over to the Lord Jesus Christ and I say ‘goodbye.’”

(Now address the Heavenly Father) “Heavenly Father, I acknowledge my own anger, bitterness, and even hatred for my father. I now take back all the ground I have given to Satan. I now purpose in my heart to use that new energy and freedom for Your honor and glory, for my family and friends, and for a better quality of life for myself.”

“I recognize I cannot change history, but I now in the name of the Lord Jesus Christ break (end, cut) the control the history has had on me. I now accept upon myself all the consequences of dad’s sin against me. I ask you to convert all those losses into a benefit in my life. I now thank You and praise You for all that You are going to do in my life and those You bring into my life.”

“I now picture myself as a trophy of Your healing and an example of what You can do for others who turn to You with their pain. I purpose in my heart to look for opportunities to help others with the tools that I have learned through my own pain.