

## Emotional Healing

# Types of Health



**In summary, there are six different types of spiritual healing: Physical healing (of the body) Emotional healing (of the heart) Mental healing (of the mind) Spiritual healing (of the spirit or soul)**

**Inner healing specifically is to the soul of a person. Many people carry wounds from their past into their present without realizing it. It is good to seek God for healing of our entire beings, including our "inner selves. "These wounds are like physical wounds but are spiritual and embedded in the soul.**



**Physical wounds are like this . Raw, infected, spilling out pus, ugly and causes infection if unattended. Similarly, these spiritual unseen wounds do the same damage and when unaddressed or surrendered to Jesus Christ /spill a spiritual puss through the central nervous system into the different part of our body like the liver, kidney, heart, brain ,pancreas, tissues, bones, muscle ,**

**In fact affecting the immune system and every part of our body-causing cancer, Parkinson's, heart attacks, migraines, strokes, arthritis ,fibromyalgia, lupus and many other common afflictions we go through/ and even the corona virus.(through our immune system.**

**These spiritual wounds in the soul are 5 types.**

- 1) One is Relational that causes spiritual wounds from the mind and related matters. Such as -Marriages, family relationships, childhood to adult rejections, friendships, even Church relationships and so on.**
- 2) The other spiritual wounds also seen in the soul is from generational factors with unrepentance with any sin that our parents, grandparents. Great grandparents up to Adam and Eve that comes through the DNA and settle in in our souls. We are really victims of these wounds.**
- 3) The third and large size spiritual wounds come from trauma which come from any sudden and shocking events in your life. Accidents/ being in a war and being a victim/, divorces / death of a spouse or child or parents / , rape or any kind of abuse or wilful neglect. And many other violence's experienced.**

- 4) **The fourth kind spiritual wounds we all carry words spoken against us directly or behind our backs and it sure come like arrows and pierce our hearts .  
Compartmentalizing our soul into pieces /fragmentises and it weeps like other wounds within us.**
  
- 5) **While there are positive emotions like happiness, joy, exhilaration, peace and so on - The 5<sup>th</sup> and deadly negative wounds we carry are the emotional wounds in soul like-. Anger, fear, anxiety, depression, guilt, low esteem, bitterness, unforgiveness, loneliness, being abandoned, victimized, and many other emotions.**

**Inner Healing is a process to help a person identify emotional hurt and traumas that may have been experienced in the past and have not dealt with their hurt. The wounds and memories may cause them to have brokenness and faulty thinking. Inner healing starts with identifying what is true and what is a lie in our thinking pattern and beliefs.**

**The inner healing journey begins with listening to a person, identifying one or more of these wounds and then surrendering these wounds to Jesus Christ who is the only source that can bring about true and lasting inner healing. We go by the promise as in Isiah 53: 5-By my wounds you are healed.**

**We then pray for the blood of Jesus to wash the soul, the Holy Spirit to rewire and transform the soul, the healing to flow from above into the soul and the resurrection power to put to death all that is in the past and bring a new chapter, a new life, a new song into the person.**

**This afternoon I want to share something that will help you to identify emotional wounds and a specific prayer you could use to heal your emotions.**

**Look at this diagram –**



**I mentioned a few major emotions like anger, bitterness, guilt, shame, unforgiveness etc. If you take a major emotion like anger as in the diagram -can you identify at least 20 sub emotions that could lead into an angry outburst.**

**Only last week when we had the Church launch and we all had to invite people, I had sent 15 invites and a couple of them did come. But two women whom I had invested a lot of my time, money, love and kindness who promised to come till the last minute -made some excuses and did not come. In fact, they were there to help pack the food boxes but did not turn up and this made me very angry, furious, so disappointed and I said a few harsh words to them to the effect that they were not grateful and only come running to me for favors etc. etc.**

**My emotions flared up and I wanted to stop them from coming and my having to help them. Can you identify these in the diagram? But when I was in prayer that night thanking God for a beautiful Church launch, I also had to**

**confess to my anger and disappointment and this strong feeling /this emotion of being used /taken advantaged off etc. As I confessed this sin-the HS convicted me to remember the 100 good things these two women do on a weekly basis to make my life comfortable and be blessed. My anger abated and by Tuesdays I was able to bless them with the weekly box of groceries from the JWS and by Thursday I think the whole thing was like a pale shadow. Praise God.**

**So, these emotions are very real, and they raise their heads very often. Every now and then and cause havoc. How do we deal with them? First recognizing them. Confessing them and then surrendering them to the Lord Jesus Christ. Praying that he would remove these wounds that had been created by the emotional outbursts we have be removed. Then we plead the blood of Christ to wash them away.**

**When we generally pray for the blood of Jesus Christ that was given to us in great sacrifice for our forgiveness of all our sins, salvation and eternity-**

**It also gives us the fellowship of God the father, restoration, healing, deliverance,**

**It gives us the right to be sons and daughters and heirs to the kingdom of God and all its assets.**

**It gives us our protection, provision and authority over the devil and its hold over us through gates that we open though the various wounds we carry unaddressed.**

**But I have discovered a specific facet of the blood of Jesus when we pray inner healing for emotional wounds.**

**Remember the 7 shedding of the blood of Jesus on the cross.**

1. The drops of blood while He prayed in the garden- **This is the facet of the shedding of the blood of Jesus Christ for emotional healing.**
- two. The thorns on His head – **The blood we plead and claim when we suffer as Jesus Christ did.**
3. The whipping of His back – **the thirty-nine whippings were for our healing for our bodies.**
4. The piercing of His side while on the cross – **healing and redemption for the purchase of the Church .**
- five. The blood He shed from his hands while being nailed to the cross – **Is for the work of hands that needs help and restoration.**
- six. The blood He shed from his feet while being nailed to the cross -**Is for our walk with God that needs His blood to sanctify and carry us through storms.**
7. The blood He shed by the beatings He received (**blood shed under the surface of His skin, which was for our iniquities... Isaiah 53:5 says that He was bruised (blood shed under the skin) for our iniquities (which work 'under the surface' in our lives))**

**Why do I claim that this facet of the blood by the drops of blood or the cry of the blood as in Luke 22:44 -And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground. [ a]**

**Let us identify the emotions that Jesus Christ went through from this moment of shedding blood in the garden of Gethsemane.**

**ANGUISH  
DISTRESS**

**CRYING  
TROUBLE**

**SORROW  
GRIEF**

**REGRET**

**SADNESS**

**UNHAPPINESS**

**BURDEN  
HIM**

**KNOWING ALL THAT WAS GOING TO HAPPEN TO**

**BETRAYEL**

**SEVERAL TRIALS**

**FLOGGING AND**

**UNDERGOING OTHER SEVERE PHYSICAL PAIN THAT TORE HIS BODY  
APART.**

**TORTURE**

**EXCRUCIATING PAIN REJECTION**

**SCREAMING**

**ABANDONED AND THE FINAL CRUCIFICATION**

**Do you identify your own emotions that you go through that Jesus Christ went through that black night?**

**So, when you have emotional wounds. Need emotional healing- rather than pray and intercede for the general blood of Jesus -which we usually have been doing -we now pray specifically with the blood of sweat into emotional wounds and healing.**

**When you pray in earnest remembering this terrible time our Lord went through and weep and claim this facet of blood in your emotions -all heaven will hear your cry/ your plea/ your petition.**

**I pray that this help you in your journey in the days to come.**

**Let me pray for your emotional wounds in general.**

