

LETTING GO OF EMOTIONAL PAIN

with Lisa Whelchel

1. The quickest way to intimacy with Jesus is to talk to Him from the child in your heart.

**Lisa's birthing story...*

2. Believe in the character of God and His Word.

We spend our lives accumulating knowledge and then trying to believe what we know:
If your heart doesn't believe it, that's how you're going to respond.

Jeremiah 29:11: "I know what I'm doing: I have it all planned out. Plans to take care of you, not abandon you, plans t give you the future you hope for."

3. Out of the heart, flow the issues of life!

Why can't we say, "Just do it?" The problem is we do feel...

4. Can our hearts and heads line up?

The emotions have more power than our head.

The emotions are formed from memories or experiences with a lot of emotion:

The greater the emotion, the more the imprint of the message will be written on your heart!

II Corinthians 12:9: "But He said to me, "My grace is sufficient for you, for my strength is made perfect in weakness."

“Oh, no, I have to protect myself...”

If we get into a situation that reminds us of traumatic situations when we were children, it doesn't matter what we 'know' up here in our mind, we're going to believe the message we wrote on our heart!

5. Being in the presence of God is the perfect opportunity to declare what you believe.

“Lord, rewrite the messages on our heart until they're embedded!”

Being in the presence of God is the way we're going to be healed.

6. What emotional lie(s) have you been believing in your heart?

- Ask God to forgive you for believing that emotional lie and ask Him to speak the truth in your heart and the truth will SET YOU FREE!
- Make sure you say these things out loud to another person you can trust:
Confession is powerful.

I trust in God's sovereignty; I rest in God's love...