

GETTING RID OF PAINFUL EMOTIONS FROM LIES AND UNFORGIVENESS

From Cheryl's journal Feb to Mar. 2002, and from *Biblical Counseling Concepts, Workbook* by John Regier, and from John Regier's videos.

Buy them here: <http://restorationministriesonline.weebly.com/>

PAINFUL EVENTS:

Whenever there is an event that triggers painful, out-of-proportion emotions—huge, hurting or fear invoking emotions that the event does not warrant, you need to do a thorough inventory to find out what is triggering those emotions.

Write down the “activating event.” Describe exactly what happened, just the facts. All the facts but only the facts. Don't add emotions or reasons, just the plain, bare facts. Come back to this later and make sure that what you wrote is really how it happened.

Then write down all your feelings, both physical and emotional. Use descriptive words like “I felt rejected, abandoned, angry, hurt, heart pain. etc.

Then list the beliefs you were thinking. This takes a lot of soul searching. It is important that you identify every thought that was going through your mind and every belief behind those thoughts. List one by one every belief as you think of them. Keep going. This is where you are digging down to the root cause of your out-of-proportion reactions to things. If you keep going you might be able to get to the bottom of your very painful emotional outbursts.

Now take each one of those beliefs and ask yourself, Is it true? Is it true based on the Bible? Most likely it is a lie from the enemy. So you need to search Scripture and find the truth that combats that lie, and write down the Bible verse and the truth it is saying.

Then write down your prayer to Jesus to help you get rid of those lies and to begin to believe the truth about each one of those beliefs.

In the weeks following this event, keep praying that prayer, and keep reading over the list of truths and keep combating the lies with those truths until you have conquered those lies—until you don't believe those lies and really do believe those truths deep down in the deepest part of your being.

Do this for every activating event that triggers painful emotions in you.

Do this until events in your life no longer trigger those emotions.

FORGIVING

This method of forgiving takes at least a month and does not involve contacting the people you are forgiving at all.

Forgiveness:

1. Is costly --- someone always pays
2. Is someone assuming the responsibility to pay for the pain caused by the sin. For example, in adultery, the spouse has to pay the emotional pain.

3. Substitutional. For example someone abused by her father says, "I release my Dad — I choose to pay for the damage he caused me." Every time she thinks about it, she says, "I pay."

Why?

God chooses to forgive us. He chose to pay. Even Jesus didn't "feel like it." He said, "Let this cup pass from Me."

Isaiah 55:7 God abundantly pardons

Jer. 31:34

Jer. 38:8

God doesn't want to remember our sins

Isaiah 43:25

Psalms 103:

Ask Jesus your questions and then wait for the answer. Jesus always answers.

Examples of some questions to ask Jesus

Jesus, do You love me?

Jesus, do You want to forgive me?

Jesus, do you want a relationship with me without my sins getting in the way?

JOSEPH

Joseph said, "Am I in the place of God?" He left the judgment up to God

He said, "You sought evil against me, but God used it for good." He saw the sovereignty of God in the situation.

Joseph showed genuine kindness and love to those who had hurt him.

Eph. 4:32 Kindness, tenderhearted, forgiveness.

1. Release the person who hurt you

2. Be willing to pay the pain.

3. Let Jesus heal that pain.

Ask Jesus about your pain:

Jesus, do You understand the pain I'm feeling?

Jesus, do You feel my pain?

Jesus, I feel so angry and dirty and unloved and worthless. Jesus, please speak peace in my heart.

The pain lies on top. There are lies underneath:

Feeling worthless, dirty, and unloved. Lies: "No one will ever love me." "I'm ugly."

Now for the actual forgiving:

Write down a person who has hurt and wronged you for whom you still feel pain when you think about them.

Then write this prayer:

Lord, I choose to forgive (person's name) for (List all the things they did to you that hurt you and wronged you.) causing me to feel (Take the time to think

deeply and list all the painful feelings they have caused you.) _____. I am willing to pay for the emotional pain and consequences that _____ has caused me. I ask You, Lord Jesus, to take back the ground I gave to the enemy through my bitterness and I yield that ground to Your control.

Keep praying this prayer day after day for at least 30 days, until Jesus has healed you and you no longer feel pain when you think about that person.

Read a page from the workbook here.

<http://www.docstoc.com/docs/68189441/Forgiveness-Prayer-Worksheet---Forgiveness--Healing-Prayer>

It tells how to let Jesus come and heal the pain.

Do the above for each person for whom the thought of them still causes you pain.

Now when you have events that trigger painful emotions, besides listing the activating event, your feelings, your beliefs and the truths, you may also need to write the forgiving prayer for another person whom it is revealed you haven't yet forgiven.

Forgiveness must be from both our heart *and* our head in order to get freedom from the pain. If it is only from our head, we will never get free.