

Emotional Healing & the Writer

Peter Lundell, D.Miss.

Emotional pain, especially when buried and ignored, is a root cause of spiritual defeat, depression, anger, addictions, psychological disorders, and physical illness—even in devoted Christians. This workshop offers critical insights for identifying and recovering from the effects of a wounded heart and then writing about it or getting past it to write with freedom.

God heals damaged emotions Psalm 34:17–18; Psalm 146:7–9; Psalm 147:3

For you to flourish, you must be emotionally healthy. People get stuck in survival mode & never get free.

Emotional healing is painful. But better to endure a short period of intense honesty, pain, and healing (like a surgery) than a lifetime of emotional or physical sickness (an endless, gnawing pain).

Emotions can be harder to heal than the body. The body doesn't talk back.

Emotional problems do not mean someone is unspiritual.

He or she is wounded and needs healing.

Trying to overcome or ignore emotional damage by appearing “spiritual” or “holy” actually makes the problem worse.

In true spirituality, problems will be addressed through healing and spiritual disciplines.

Physical sickness often has emotional roots. / Emotional issues can lead to physical sickness.

Where do you carry your tension? / When that part gets tense, you need to do something.

Past memories affect the present. It's not being touchy-feely but rather going to the roots of problems.

Wilder Penfield's 1951 discovery: Every experience is stored in the brain, along with the feelings.

An incident may have happened once or during a particular period. But like a DVD that was filmed once then played back many times, memories affect us every time we remember them.

We cannot delete memories, but we can alter (heal) their effect of emotional pain and resulting problems.

Basics in Healing Damaged Emotions

Know who you are in Christ: a child of God who is loved (John 1:12; 1 John 3:1).

Forgive others (Matthew 6:12, 14–15). Unforgiveness is emotional cancer—like drinking poison and waiting for the other person to die.

Let go of vengeance and put everything in God's hands (Romans 12:17–21).

When you forgive someone, you set a prisoner free.

Then you discover that the prisoner was yourself.

Three big points in forgiveness: •God •Others •Self

Repent of sin (Acts 8:22–23).

If a person is demonized and the demon is cast out, it will return if the inner problem (that originally allows the demon to enter) is not dealt with (Luke 11:24–26).

Get rid of the garbage and the flies are easy to get rid of.

Renounce lies and affirm the truth (Matthew 22:29).

Be particularly aware of distorted concepts of God and of ourselves.

Intergenerational problems. Determine that things stop here. Change your family legacy.

Expect and follow the Holy Spirit's leading (John 16:13).

This is not counseling. It is God bringing healing at a person's deepest level.

How do we know if we're healed?

Initially when we recall a previously painful memory and it has no effect on us.

Healing is fully realized when we turn our pain into a ministry to others (2 Cor. 1:3–4).

Writing

Writing can be both a catharsis and a vehicle through which we express our experiences and feelings.

You may write about your experiences.

Or you may tuck those experiences away and draw from them in whatever you write.

1. Dump them, even if they're shocking. Don't hold back.
2. Discern and express how you've grown and overcome. Write that into the dump.
3. Find, develop, and organize the lessons learned that form a positive purpose of helping others.
4. Rewrite and edit—a lot—for your audience.