

Do you
want to be...

Free At Last?



OUTLINE Lesson #11

HEALING OF EMOTIONS

1. Laying the Foundation for Emotional Healing
 - Impact of unresolved feelings: Pro 25:28
2. Closing Open Wounds: James 1:14-15, Isaiah 1:6
3. How Feelings Affect Emotions and Physical Health
4. Reversing the Cycle: 1 Cor 13:11
5. Steps to wholeness: Rom 7:18-19, Rom 7:23-25, Pro 2:3-5, Dan 2:22
6. Keys to Changing Feelings & Healing Emotions
 - Becoming aware of negative feelings
 - Determining origin of emotional damage through Holy Spirit
 - Releasing deep-seated negative feelings to Lord and forgiving: : Luke 6:31, 35, Ps 66:18
 - Grieving over losses
 - Healing of body and restoring emotional health
 - Reaping spiritual recovery: 1 Jo 4:17, Pro 28:1, Ps 139:14
 - Renewing thoughts: Phil 4:8-9, 1 Pe 2:9, Ps 103:1-4, Eph 4:22-24, 2 Cor 5:17, Isaiah 43:19, Phil 3:13-14, Pro 4:20-22, Pro 3:8, Matt 4:4, John 6:63, Rom 8:11
 - Depending upon Creator for significance: Eph 3:17-19, Jer 31:3
 - Thanking God before the finished work: Acts 16:25-26, Ps 76:11-12, Ps 50:14-15
7. Living Life Abundantly through the Spirit: Gal 5:1, Rom 6:12-13
8. Results of Divine Healing: Rom 13:14, 1 Pe 1:22, John 15:10-12, Eph 3:19-20, John 12:24, Zeph 3:18-20
9. Class Assignment
 - Journal buried emotions revealed/other insights gleaned from lesson
 - Read Pages 134-139 of Chapter 7 of *Free at Last*
 - Engraft Scriptures for Healing of Emotions