

# Lesson 10

## Emotional and Relational Health

Instructor  
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### VIDEO OUTLINE

Note: All scriptures used in this lesson are quoted from the *New King James Version*.

- I. All of us have felt the effects of stress in our lives—stress really is a killer. *Perilous* means stressful, difficult, and hard to deal with.

*But know this, that in the last days perilous times will come.*

2 Timothy 3:1

- A. If we don't deal with stress according to the Word and Spirit of God, it can really start to add up in our hearts until we feel like we don't know where we're going and we have lost our way.
- B. People often suffer in silence with an overloaded heart, a heart that is stressed out because they don't know what to do.
- C. Have you ever made vows like, "No one is ever going to hurt me again," in an effort to self-protect? The problem with those kinds of vows is that they become access points for the enemy into your soul because you are self-protecting instead of letting the Lord be your protector.
- D. Strongholds made from unresolved issues don't protect you—they isolate you. They literally become high towers of brokenness that end up isolating your heart.
- E. Most church people would easily recognize carousing and drunkenness, but we sadly miss it many times in "the cares of this life." We've learned to live with toxic levels of stress. We've let the cares of this life enter in and choke the Word until it becomes unfruitful in the soil of our hearts.

*And the cares of this world, the deceitfulness of riches, and the desires for other things entering in choke the word, and it becomes unfruitful.*

Mark 4:19

II. God's compassion and love are the keys to living life with passion, and that's really what God wants for you. He wants you to live this life in the abundance of the grace of God.

A. We can offload our care because God cares for us.

*Casting all your care upon Him, for He cares for you.*

1 Peter 5:7

B. If you think you can carry your care, then you're trusting in yourself, not the Lord. Trusting in yourself is the root of self-centeredness.

C. Through unbelief, you'll eventually develop a hardened heart. These issues are easier to deal with when they're small, so don't let these things grow up in your temple like they belong there. If you do, eventually they become a stumbling block to your heart.

III. Your temple belongs to the Holy Ghost, and God wants your temple to be filled with Him, not all this other stuff. Living with an overloaded heart will never be the will of God. God wants you living with passion.

*I know your works, that you are neither cold nor hot. I could wish you were cold or hot. So then, because you are lukewarm, and neither cold nor hot, I will vomit you out of My mouth.*

Revelation 3:15-16

A. God gives grace to the humble, the teachable, and God's grace has everything that we need.

*But He gives more grace. Therefore He says: "God resists the proud, But gives grace to the humble."*

James 4:6

IV. Mental and emotional healing are included in the Atonement and are very important to the heart of God.

*He heals the brokenhearted And binds up their wounds.*

Psalms 147:3

- A. Healing for the brokenhearted was so important to the heart of God that it is the first mention of healing in the New Covenant.

*“The Spirit of the LORD is upon Me, Because He has anointed Me To preach the gospel to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives And recovery of sight to the blind, To set at liberty those who are oppressed; To proclaim the acceptable year of the LORD.” Then He closed the book, and gave it back to the attendant and sat down. And the eyes of all who were in the synagogue were fixed on Him. And He began to say to them, “Today this Scripture is fulfilled in your hearing.”*

Luke 4:18-21

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- B. We are literally the gardeners of our hearts.

*Keep your heart with all diligence, For out of it spring the issues of life.*

Proverbs 4:23

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- C. Disappointments can easily turn into disillusionment, which leads to a disconnect.

*Hope deferred makes the heart sick, But when the desire comes, it is a tree of life.*

Proverbs 13:12

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- D. We get into these situations at times where we feel like we have to carry our grief and emotional trauma, and we don't know what to do.

*Surely He has borne our griefs And carried our sorrows; Yet we esteemed Him stricken, Smitten by God, and afflicted. But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed.*

Isaiah 53:4-5

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- E. Don't harden your heart to God; realize that God is your answer.

*The LORD is near to those who have a broken heart, And saves such as have a contrite spirit.*

Psalms 34:18

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F. God doesn't want what's lame to be dislocated; He wants it to be healed.

*Therefore strengthen the hands which hang down, and the feeble knees, and make straight paths for your feet, so that what is lame may not be dislocated, but rather be healed.*

Hebrews 12:12-13

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G. A root of bitterness is an unresolved heart issue. Left unresolved, it will spring up and defile many.

*Pursue peace with all people, and holiness, without which no one will see the Lord: looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled.*

Hebrews 12:14-15

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V. The Word of God will actually separate spirit, soul, and body and show us what we need to see to be able to offload—get rid of—anything negative and replace it with the Word of God.

*For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.*

Hebrews 4:12

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A. Emotional and mental healing take place in the area of our being called the soul, which is where we locate our mind, our will, and our emotions. Our emotions will follow our thoughts, and our thoughts are the result of what we decide to think on. In order to change your life, you're going to have to change how you're thinking.

*Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.*

Philippians 4:8

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B. God's will is for all of us to prosper and be in health in every area of our lives. So, emotional well-being is more important than most people realize. Many in our

generation are stressed out much of the time and think their stressed-out lifestyle is normal or natural.

*Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.*

3 John 2

- VI. Psychology attempts to heal, but it can only deal with the natural, only with the soul and the body. Only through Jesus do we find supernatural healing of all three parts: the spirit, the soul, and the body. He, as the healer, makes sure that it works.

*For God has not given us a spirit of fear, but of power and of love and of a sound mind.*

2 Timothy 1:7

- A. We see through our beliefs into our daily lives. There's something about life that's just so daily! What you do every day matters more than what you do every now and then. Allow the Holy Spirit to help you see right now from God's perspective, which will always start from the inside out. It will always involve the heart.
- B. Past failure does not define who you are.

*Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead.*

Philippians 3:13

- C. You can be healed of trauma, emotional pain, and mental disorder to the point that you no longer even identify with it anymore.
- VII. The victory of Jesus is literally the place we start because His victory was for us. It's what the New Covenant is all about. He overcame, so now we can overcome.

*And they overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death.*

Revelations 12:11

- A. We should be living life from our redeemed spirits, not from souls that want to be in control.



E. Build yourself up on your most holy faith by praying in tongues, and do it a lot!

*But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit.*

Jude 20

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F. If you have unforgiveness toward someone who hurt you, lay it down by trusting Jesus with whatever wounded you. Letting it go doesn't mean that they were right.

IX. For relational healing, we need to walk in an attitude of forgiveness, rather than taking hurt into our hearts as if we're going to own it for the rest of our lives.

A. Ephesians 5 is talking about relationships and the importance of healing relationships. It is important to submit in the grace of God in a way that never puts people down, but actually does the opposite: lifts them up into their potential and destiny.

B. Many times, married men don't realize how important it is to dwell with their wives with understanding. Figure out what makes her tick, what her loves are, and what you can do to be a blessing to her.

*Husbands, likewise, dwell with them with understanding, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered.*

1 Peter 3:7

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C. You can help relational healing flow when you are heirs together of the grace of life.

*Finally, all of you be of one mind, having compassion for one another; love as brothers, be tenderhearted, be courteous; not returning evil for evil or reviling for reviling, but on the contrary blessing, knowing that you were called to this, that you may inherit a blessing.*

1 Peter 3:8-9

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D. Sin and guilt love to work in secret. When we confess our sins to another person, somebody who's trustworthy, we make ourselves vulnerable. We have to humble ourselves to that brother or sister in the Lord and receive healing from the Lord Jesus through them.

*Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms. Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Confess your trespasses to one another, and pray for one another, that you may be healed. The effective fervent prayer of a righteous man avails much.*

James 5:13-16

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