

GO DEEPER

Self-Examination Questions

Do you really believe your emotional and relational issues affect your health? If so, how?

What stresses do you allow in your life? Do you consider them normal? Will you continue to allow them? Why or why not?

On a scale from 1-10 (low to high), how willing are you to commit to unloading your stress and emotional burdens on Jesus? What is your plan for unloading them?

Prayer Points

Use these prayer points to write and to pray your own powerful prayer:

- Praise God that He gave you a sound mind.
- Ask God to reveal to you stresses and unresolved issues that you have allowed to burden your heart.
- Thank Jesus for the Atonement that bought emotional and relational healing for you.
- Repent of tolerating situations instead of releasing them to God.
- Thank God that He restores your soul.
- Thank God that He does not want you to live with a troubled heart.
- Thank God that repentance binds Satan.
- Declare that fear and torment are cast out because of God's perfect love.
- Release bitterness and unforgiveness.
- Command emotional and relational healing.
- Praise God that when you humbly confess your sins to another, the Lord ministers healing to you through them.

Action Steps

- In your Healing University journal, create a visual representation of the stress you hold on to. Divide the page in half. Draw a small heart at the bottom of the left side of the page. Prayerfully ask God to reveal to you what you are holding on to and allowing to weigh down your heart. Write each issue, person, situation, offense, fear, and item

God reveals on a line above the heart going up the page. Do you see how these weigh down your heart? Now on the right hand side, draw a heart at the very top of the page. Beside each item listed on the left side, write what God's Word says about it, or the truth about what God says about you. Do you see how your heart can soar when you release each item to God and let His peace reign?

- Settle in your heart that God desires for you to have emotional and relational healing through releasing the stresses and cares of this life to Him. Examine your heart and, when you are ready, make the following declaration and don't waver from it:

I believe God desires for me to have emotional and relational healing now as I release the stresses and cares of this life to Him.

_____ (sign and date)

- Write your own answer to this question: *What needs to change so I will experience emotional and relational healing?*

**Want somebody to agree
with you in prayer?**

Please call **719-635-1111** for prayer or for
more information on Charis Bible College.

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