

## Time to be Pliable

*“For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate...”*  
(Romans 7:15).

The Lord wants to help you get rid of some the baggage today (Romans 8:26). However, to have a part in the healing of your emotions, you must recognize healing is needed. Many times we ignore it, or deny it's there. The truth is, we all have emotional baggage that we need to deal with.

You know what I am talking about. Sometimes you feel like Dr. Jeckyl and Mr. Hyde. One minute you're this wonderful Christian that loves the Lord, and then...suddenly you find yourself acting just the opposite!

Paul talks about the weakness of our flesh to prepare us for God's provision for godly living. Emotional baggage keeps a person in spiritual bondage. It keeps a person from being the kind of person God wants the individual to be.

Emotional baggage holds them back from doing all God has called them to do. At times, emotional baggage will paralyze an individual with doubts, fears, and retaliation.

Here is a great illustration:

***The telltale rings of an ancient tree reveal droughts, fires, good years, and bad. It is the same with us: once the protective bark is peeled away, their present conditions, feelings, scars and depth of the wound can all be discovered. In the rings of our thoughts and emotions, the record is there. The memories are recorded and are alive.***

***Emotional health is not an automatic result of being Christian. Sometimes, the wounds & hurts experienced are so strong that only an extended process of healing will give complete health and peace. These rings deeply affect our concepts, our feelings, our relationships and the way we look at God, others and ourselves.***

***Excerpt taken from: Healing for Damaged Emotions, David Seamans.***

The healing of emotional pain often takes time...and as long as we are breathing —the flesh will try to influence and deceive us into believing it still has control over us.

The great news is God begins the healing work in us the moment we request His presence and ask Him to do His work within us. God is faithful and will continue the healing process in us as long as we are willing for Him to do so.

God doesn't give up on us. He will work with you to heal you completely and He will stand by you because He is faithful. Your part is to retrain your thoughts and actions and be totally

submissive to the Holy Spirit's promptings and God's Word. As you do this, God's part will become more and more active within your life and eventually will lead you to healing from damaged emotions.

The more we are healed emotionally, the more pliable we become in His hands. So hang in there and remind yourself, Philippians 1:6 "He who has begun a good work in you will be faithful to complete it."

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