

Emotional Baggage

“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. Let's fact it, many times you ignore it, or deny it's there. The truth is, we all have emotional baggage that needs to be dealt with. Paul talks about the weakness of your flesh to prepare you for God's provision for godly living.

Emotional baggage attacks your flesh and makes you weak. 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 you back from doing all God called you to do. At times, emotional baggage will paralyze you with doubts, fears, and retaliation.

I love to use this 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 takes time...and as long as you are breathing—the flesh will try to influence, deceive, and cause you think it has control over you. The great news is God begins the healing work in you the moment you request His presence and ask Him to work within you. 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 you are healed emotionally, the more pliable you 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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