



**Sunday July 23, 2017**  
**Emotional Wholeness And Deliverance Series**  
**Part 4 : Staying Emotionally Whole**

**3 John 1:2**

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

God Restores Our Soul

**Psalm 23:3**

**He restores my soul; ...**

**Quick Review**

**Part 1 : Problems And Causes**

**Part 2 : Receiving Healing And Deliverance**

**Part 3: Journeying Into Emotional Wholeness**

1, Receiving The Father's Love

2, Being Established In Your Identity in Christ

3, Releasing The Past

**This Week**

**Part 4 : Staying Emotionally Whole**

We now address some important spiritual disciplines to stay emotionally whole.

At all stages in life, we will face challenges. There will be unexpected events, pressures, sometimes events that may be traumatic, mistakes we may make, and so on. How do we guard our minds, and stay emotionally healthy.

We will cover four important spiritual disciplines:

#1, Renouncing Lies With The Truth Of The Word

#2, Speak Blessing, Cancel Curses

#3, Guard Against Negative Emotions

#4, Practice The Power of Forgiveness

**#1, Renouncing Lies With The Truth Of The Word**

Our mind will be bombarded with lies.

These lies - untruths - can be in the form of wrong thoughts, suggestions, ideas that **the devil** throws against us. These could be accusations, thoughts of fear, and so on.



Sometimes these lie can even be presented to us by well-meaning **people** around us.

Sometimes lies and untruths can be presented to those who intentionally want to harm us through what they say to us or against us.

The devil is the "father of lies".

**John 8:44**

**You are of your father the devil, and the desires of your father you want to do. He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he speaks a lie, he speaks from his own resources, for he is a liar and the father of it.**

Regardless of how these lies are presented to us, our defense is the Word of God. God's Word is truth, and we negate lies with the truth of God's Word.

That is why it is so important for us to know the truth.

**John 8:31-32**

**31 Then Jesus said to those Jews who believed Him, "If you abide in My word, you are My disciples indeed.**

**32 And you shall know the truth, and the truth shall make you free."**

While deliverance from any inhabiting demon may take place in a brief moment of ministry, walking in consistent victory is a journey. As you continue walking in God's Word, yielded to the Spirit, you will come into a place where it will be normal for you to reject any negative or evil suggestion from demonic spirits with the Word of God and with faith in your heart. Consequently those wicked spirits will know that you have your defenses up and are now for the most part impregnable in that area.

For the believer another important Source of truth is the anointing within - the presence of the Holy Spirit with the believer. As we stay in tune with the Spirit of God, He leads and guides us to all truth.

**John 16:13**

**However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own authority, but whatever He hears He will speak; and He will tell you things to come.**

**1 John 2:20,27**

**20 But you have an anointing from the Holy One, and you know all things.**

**27 But the anointing which you have received from Him abides in you, and you do not need that anyone teach you; but as the same anointing teaches you concerning all things, and is true, and is not a lie, and just as it has taught you, you will abide in Him.**

**#2, Speak Blessing, Cancel Curses**



We have already discussed the power of our words over our own lives. We know that the words we influence and impact our lives.

**Proverbs 18:20-21**

**20 A man's stomach shall be satisfied from the fruit of his mouth; From the produce of his lips he shall be filled.**

**21 Death and life are in the power of the tongue, And those who love it will eat its fruit.**

**Speak Blessing**

Consistently speaking blessing, speaking aligned to God Word is so important to staying emotionally whole.

Words are carriers, they carry blessing or cursing.

One great example of this is how God instructed the priests to bless His people - by pronouncing words of blessing over them:

**Numbers 6:22-27**

**22 And the LORD spoke to Moses, saying:**

**23 "Speak to Aaron and his sons, saying, 'This is the way you shall bless the children of Israel. Say to them:**

**24 "The LORD bless you and keep you;**

**25 The LORD make His face shine upon you, And be gracious to you;**

**26 The LORD lift up His countenance upon you, And give you peace." '**

**27 "So they shall put My name on the children of Israel, and I will bless them."**

So speak life, speak blessing, declare God's promises over your own life.

**Cancel Curses**

A curse is simply the opposite of blessing. If words can release blessing, then words can also release curses. We must also learn to recognize curses - old curses things that have already been spoken in the past, and new curses - things that are being or have just been spoken over us. We need to recognize them and cancel those curses.

Sometimes we have cursed ourselves in the past, or we curse ourselves by words we speak in the present. These are self-inflicted curses. Things we have spoken over our selves. "I am going broke". "I am getting mad". "I am losing it". And many other negative things - curses - we speak. Sometimes we make, what is called as "inner vows". Words that we speak within ourselves or to ourselves: "I will never get close to any one again"; "I will never trust anyone again"; and so on. We need to cancel these as well.



To cancel a curse, you simply speak words that declare that you cancel, negate and nullify the power of those words. And then you declare what is positive and what the Word of God says about you and about that area of your life.

There are times people who have authority over our lives pronounce curses over us, knowingly or unknowingly. Parents speak wrong words (essentially curses) over their children. Spiritual leaders (pastors, others) control, manipulate, dominate and even pronounce evil things (curses) over their congregations, and so on.

## **Jabez**

### **1 Chronicles 4:9-10**

**9 Now Jabez was more honorable than his brothers, and his mother called his name Jabez, saying, "Because I bore him in pain."**

**10 And Jabez called on the God of Israel saying, "Oh, that You would bless me indeed, and enlarge my territory, that Your hand would be with me, and that You would keep me from evil, that I may not cause pain!" So God granted him what he requested.**

Jabez (meaning "to grieve" or to cause pain) could have lived all his life under the "label" his mother put on him, as someone who would cause pain. Yet it says he became "more honorable than his brothers" or as one translation renders this: "he was still the most respected son in his family" (Contemporary English Version). He believed God to turn things around. He received blessing instead of the curse.

As people of God we must know that the blessing of God upon our lives, is greater than any curse people may have spoken over us.

Balaam knew that he could not curse whom God has blessed.

### **Numbers 23:23**

**"For there is no sorcery against Jacob, Nor any divination against Israel. It now must be said of Jacob And of Israel, 'Oh, what God has done!'**

The Bible states that a curse will not come without a cause.

### **Proverbs 26:2**

**Like a fitting sparrow, like a flying swallow, So a curse without cause shall not alight.**

The wrong things we say and do open the door, create a cause for a curse to come. So watch over your words. Cancel negative words.

## **#3, Guard Against Negative Emotions**



In response to what people speak, do or even in response to situations, we do have negative emotions that are stirred up within us: anger, bitterness, judgmental, jealousy, suspicion, being critical/fault finding, and so on. Fear, anxiety, worry, depression and similar emotions are also negative emotions we may feel in the middle of situations.

The important thing is not to let these remain and occupy place in our lives - in our emotions.

So how do we guard and discard negative emotions?

We present two insights here:

#1, Let Jesus Carry Them Away

#2, Live in the place of peace

### **#1, Let Jesus Carry Them Away**

**Isaiah 53:4**

**Surely He has borne our griefs And carried our sorrows; Yet we esteemed Him stricken, Smitten by God, and afflicted.**

In Hebrew, the word *griefs* means sicknesses, and *sorrows* means pains.

On the Cross the Lord Jesus completed the work, so that today we can be released from such things in spirit, soul and body.

So today, when you have these negative emotions - emotions that are wrong, sinful, painful - give them to Jesus and let Him carry it away from you. See Him carrying these things and removing them away from you. He actually did two thousand years ago for us. Today, we release them to Him by faith and let Him take them away from us.

### **#2, Live in the place of peace**

The Lord Jesus assured us that we can live in a place of peace.

Here is what He said:

**John 14:27**

**Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.**

**John 16:33**

**These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."**

We can be in a place of peace even when there is "tribulation" - all the stuff that the world throws at us.



Imagine the Lord Jesus being able to sleep in the middle of a storm! That is living in the place of peace!

To walk in the peace that come from the Lord, we must learn to (A)Keep our mind stayed or leaning on the Lord, and (B)Release everything to God in prayer

### **(A) Keep your mind stayed on the Lord**

**Isaiah 26:3**

**You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.**

mind = conception, imagination, mind, thing framed, purpose  
stayed = to prop, take a hold of, lean on

### **(B) Release everything to God in prayer with thanksgiving**

We are familiar with this passage:

**Philippians 4:6-8**

**6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;**

**7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.**

**8 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.**

We release things to God in prayer, with thanksgiving and in turn His peace guards our hearts and minds. And we then make our effort to keep out thoughts as it says in verse 8.

### **#4, Practice The Power of Forgiveness**

We have spoken about forgiveness earlier as well.

And we stress this here again, since this is something we have to continually live by and practice.

**Ephesians 4:31-32**

**31 Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.**

**32 And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.**

The one way we keep ourselves free from negative emotions is to choose to be kind, tenderhearted and forgiving of one another. You make the choice to let things go. You make the



choice not to carry it in your heart. When something negative festers inside you, you are the one being affected the most.

There are times you may need to address the person and talk about the things they are saying or doing that is hurting you. Do this lovingly, and then release forgiveness to the person.

*Remember every time you forgive someone, you are being made whole. The hurt they inflicted loses its power to cause you pain.*


**Job 42:10**

**And the LORD restored Job's losses when he prayed for his friends. Indeed the LORD gave Job twice as much as he had before.**


Job's three friends spoke in such a way, that they accused and blamed him. Job could have held hurt, unforgiveness, resentment for being accused in such a way...we do not know. **Something powerful happened when Job prayed (released forgiveness, released blessing) for his accusers. The work of "The Accuser" against Job seems to have stopped the same time Job prayed for his accusers.**

Four important spiritual disciplines:

- #1, Renouncing Lies With The Truth Of The Word
- #2, Speak Blessing, Cancel Curses
- #3, Guard Against Negative Emotions
- #4, Practice The Power of Forgiveness



## **LIFE GROUP STUDY GUIDE**



**Emotional Wholeness And Deliverance Series  
Part 4 : Staying Emotionally Whole**

This is a simple guide for use in Life Group discussions. Our objective is to focus on the application of the Sunday sermon - how each one is becoming a doer of the Word and building their life on God's Holy Word. The Life Group meeting would normally last for 2 hours. Each Life Group would have up to 12-15 people.



### **Preparation**

To prepare for the Life Group meeting, you can listen to the Sermon Key Points (sermon summary in five minutes) or the full length Sunday sermon. You can also review the Sunday Sermon notes. All these are available in the "All Peoples Church Bangalore" mobile App or online at [apcwo.org/sermons](http://apcwo.org/sermons) . Pray for the Life Group meeting and invite the work and ministry of the Holy Spirit.

### **Welcome**

The Life Group meeting may commence with a time of prayer, worship and a fun activity.

### **LISTEN to God's Word**

Read the following Scripture passages: *John 8:31-32, Numbers 6:22-27, 1 Chronicles 4:9-10, John 16:33, Isaiah 26:3, Philippians 4:6-8, Ephesians 4:31-32, Job 42:10*

### **INVESTIGATE God's Word Together**

Discuss these together, giving time for people to share their insights.

We encourage each one individually to make notes of their personal learning during the Group study.

*In this message we covered four important Scriptural disciplines we must maintain to stay emotionally whole. Let us discuss the application of each of these.*

*#1, Renouncing Lies With The Truth Of The Word - share real or hypothetical situations where you are confronted with lies that impinge upon your mind and specific Scriptures you will use to counter those lies.*

*#2, Speak Blessing, Cancel Curses - share real (or hypothetical ) situations where you had to (or would) cancel curses and negate negative words spoken over your life. What specific Scriptures did (would) you use.*

*#3, Guard Against Negative Emotions - one way is to (A)Let Jesus Carry Them Away, based on Isaiah 53:4. We also discussed about (B)Living in the place of peace based on Isaiah 26:3 and Philippians 4:6-8. Discuss how you would do (A) and (B) in practical situations.*

*#4, Practice The Power of Forgiveness - Forgiveness brings wholeness. Forgiveness stops "the accuser". Discuss both these and how they apply at a personal level.*

If time permits, each one takes a few (3 minutes max) to share one or two main learning today and how they see themselves applying it into their specific life situations. Within the group, feel free to share areas of emotional healing that may be needed. (Keep all matters confidential).

Encourage each one to participate and share.





### **FELLOWSHIP** by sharing your life and spiritual journey

Each one takes a few (3 minutes max) to share anything from their walk with God, something God has been teaching them, a testimony of answered prayer or a specific challenge that they would like prayer for. Encourage each one to participate and share.

### **ENCOURAGE** each other by praying and ministering to one another

Get into small groups of two or three and take turns to thank God and pray for each other in the light of what was learnt today. Listen to the Holy Spirit. Expect the gifts of the Holy Spirit to flow bringing healing, releasing miracles, prophecy, etc.

Regroup and close by thanking God together.