

The five emotional facts of life:

- 1. Life hurts.**
- 2. Unless we deal with pain properly when it occurs, it accumulates within our hearts.**
- 3. Accumulated pain and unresolved problems compromise our mental, emotional, spiritual, and relational health.**
- 4. We all deal with pain in some way - right or wrong.**

Ecclesiastes 2:9-11 (NKJV)

So I became great and excelled more than all who were before me in Jerusalem. Also my wisdom remained with me. Whatever my eyes desired I did not keep from them. I did not withhold my heart from any pleasure, for my heart rejoiced in all my labor; and this was my reward from all my labor. Then I looked on all the works that my hands had done and on the labor in which I had toiled; and indeed all was vanity and grasping for the wind. There was no profit under the sun.

- 5. The only way to stop the hurt and totally resolve it is to turn it toward God.**

Matthew 5:4 (NKJV)

Blessed are those who mourn, for they shall be comforted.

The essential requirements for emotional healing:

- 1. Honesty before God**
- 2. Responsibility to God**
- 3. Mercy from God for me, and to those who have hurt me.**

Ephesians 2:4-10 (NKJV)

But God, who is rich in mercy, because of his great love with which he loved us, even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved), and raised us up together, and made us sit together in the heavenly places in Christ Jesus, that in the ages to come he might show the exceeding riches of his grace in his kindness toward us in Christ Jesus. For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.

Luke 6:27-28 (NKJV)

But I say to you who hear: love your enemies, do good to those who hate you, bless those who curse you, and pray for those who spitefully use you.