

Session 8: Emotional Freedom



Emotional Freedom

I. Introduction

II. Our Emotions Reveal What We Think and Believe

III. Ways We Respond to Our Emotions

IV. Responding to Emotional Honesty from Others

V. Healing Emotional Wounds from the Past

VI. Seeing Our Past in Light of Who We Are in Christ

VII. Conclusion



Emotional Freedom

**I. Introduction [John 3:19-20; Romans 8:10;
Ephesians 4:25-27; 1 Peter 5:7-8]**



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**II. Our Emotions Reveal What We Think
and Believe [Lamentations 3:1-11, 18-24;
Genesis 4:6-7; John 13:17]**



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III. Ways We Respond to Our Emotions

A. Suppression [Psalm 32:3,6; Psalm 39:1-2;
Psalm 32:3-4]

B. Indiscriminate Expression [James 1:19-
20; Ephesians 4:26; Matthew 21:12]

C. Acknowledgement [Psalm 109:1-13]



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IV. Responding to Emotional Honesty from Others [Job 6:26; John 11: 21, 32, 35; Romans 12:15]

A. Sharing Emotional Honesty in Relationships

B. Knowing Our Emotional Limits



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V. Healing Emotional Wounds from the Past

A. Previous Life History

B. Present Event

C. Primary Emotion

D. Mental Evaluation

E. Secondary Emotion



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VI. Seeing Our Past in Light of Who We Are in Christ [Psalm 139:23-24; John 16:13]

A. A New Creation in Christ

B. Forgiveness [2 Corinthians 5:17; John 8:31-32; Romans 12:2; Galatians 4:24-25]



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VII. Conclusion

