**Chapter 4**

**Our Branches**

Reconciling Emotions



It cannot be reiterated enough that the quality of our life, our service to the Lord, and our relationship with others is directly influenced by who or what is in control of our life. If we continue to allow our past hurts, soul wounds and pains from abuse, rejection, childhood trauma, rape, divorce, grief, abandonment, etc. to become the driving force in our life, we will continue in depression, unforgiveness, oppression, explosive anger, hopelessness, perfectionism, escapism, to mention a few.

Negative emotions affect our health, marriage, job, ministry, thought process, decision-making, relationship with others, and our direction in life. Under normal circumstances, our emotions can at times be unreliable, and if further tainted by hurts and pains, our emotions will be out of whack and toxic. Hence, it will continue to affect our life, everything we do and the people around us.

This chapter provides an understanding of our emotional life. Many people, because of past hurts, are controlled by very negative emotions. It is an assessment process of what drives emotions and how we can become controlled and enslaved by them. We are in the diagnostic process of the root cause of emotional pain. As a group facilitator, is it important to remind members of the group that we are not necessarily applying solution at this time, we are merely getting a basic understanding of the roots that drive our emotions to help gain sanity over them in our daily life and situations. It’s essential for people to begin to learn that feelings stem directly from thoughts, which stem directly from beliefs. Therefore, as we embrace God’s truths, emotions can and will be stabilized. The goal is to challenge faulty belief systems throughout this process, and as we continue in the healing process, prayerfully, group members will become more in tune with their true emotions, reasons behind them, and begin to dismantle the unhealthy old system and start replacing it with God’s system of emotional health and wholeness.

**Group Discussion:**

Self-Evaluation section at the end of Chapter 4 can be used as discussion points in groups.

**Self-Study:**

Answer the questions in the Self Evaluation section in Chapter 4.

**Spiritual Growth:**

Read Colossians

Psalm & Proverb

Meditate on 2 Corinthians 10:3-5

**Additional Helpful Application:**

On the website you can download – How to Process Emotions.

This is a great exercise on learning to hold every thought captive and begin to stabilize negative emotions.