

HEALING FOR THE FATHER'S DAUGHTERS



*A Christian Woman's Guide to Emotional
Healing in Three Steps*

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Disclaimer: This guide is provided from a spiritual/biblical perspective and is NOT intended as medical advice or counseling. Seek help from a medical professional or counselor if necessary.

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About Me



After I graduated from Liberty University, I decided to step out on faith and trust God to create an online Bible study resource for women. Having experienced spiritual abuse as a result of lack of biblical knowledge, I have a heart for helping women both escape and avoid spiritual abuse, by teaching them how to read and understand the Bible. I am also passionate about helping women cultivate their relationship with God. I have been an ordained Minister of the Gospel since December 2003. I love learning and teaching the Scriptures and formally started Scriptures and Sisters: An online Bible study resource for women in January 2020.

Healing for the Father's Daughters: A Christian Woman's Guide to Emotional Healing in Three Steps, was birthed as a result of a Bible study I taught on emotional healing. After teaching this Bible study I was led to write this guide to help Christian women along their journey to emotional healing.



It was the Lord that healed my emotional wounds, and I believe that he can heal your emotional wounds also.



Introduction

My sister in Christ, you have taken a crucial step, one that will change your life. You did not choose to read this guide by accident, your steps have been ordered by the Lord. It is not by accident that I wrote this guide. It was his plan for me to write and you to read and someday you might write, and another read.

By reading this guide you will not be magically healed. If that is what you are looking for then you can stop reading. The emotional healing process takes time and there is no magical pill to make it all better, but there is a God who can heal your broken heart. The purpose of this guide is to point you in the right direction, its purpose is to guide you towards your heavenly Father that wants to heal your emotional wounds.

I encourage you to strengthen your relationship with the Lord through reading, learning and applying his word to your life



. He has a track record of coming to the rescue of his daughters. I am sure the lady with the issue of blood and the woman caught in the act of adultery would be willing to testify for him.

Luke 8:43-48 tells the account of the woman with the issue of blood:" 43 And a woman having an issue of blood twelve years, which had spent all her living upon physicians, neither could be healed of any, 44 Came behind him, and touched the border of his garment: and immediately her issue of blood stanchèd. 45 And Jesus said, Who touched me? When all denied, Peter and they that were with him said, Master, the multitude throng thee and press thee, and sayest thou, Who touched me? 46 And Jesus said, Somebody hath touched me: for I perceive that virtue is gone out of me. 47 And when the woman saw that she was not hid, she came trembling, and falling down before him, she declared unto him before all the people for what cause she had touched him, and how she was healed immediately.48 And he said unto her, Daughter, be of good comfort: thy faith hath made thee whole; go in peace."

Commit to trusting the Lord and communing with him through prayer.



The account of the woman caught in the act of adultery is found in [John 8:1-11](#) 8 Jesus returned to the Mount of Olives, 2 but early the next morning he was back again at the Temple. A crowd soon gathered, and he sat down and taught them. 3 As he was speaking, the teachers of religious law and the Pharisees brought a woman who had been caught in the act of adultery. They put her in front of the crowd. 4 “Teacher,” they said to Jesus, “this woman was caught in the act of adultery. 5 The law of Moses says to stone her. What do you say?” 6 They were trying to trap him into saying something they could use against him, but Jesus stooped down and wrote in the dust with his finger. 7 They kept demanding an answer, so he stood up again and said, “All right, but let the one who has never sinned throw the first stone!” 8 Then he stooped down again and wrote in the dust. 9 When the accusers heard this, they slipped away one by one, beginning with the oldest, until only Jesus was left in the middle of the crowd with the woman. 10 Then Jesus stood up again and said to the woman, “Where are your accusers? Didn’t even one of them condemn you?” 11 “No, Lord,” she said. And Jesus said, “Neither do I. Go and sin no more.”

Allow the Lord come your rescue like he came to the rescue of the woman with the issue of blood and the woman caught in adultery.

01 My Healing Journey

As I write these words my eyes fill with tears, as I think about the years I spent suffering emotionally. I know how it feels to be depressed, fearful, stressed, and angry. For years I suffered in silence, because the pain of the past hurt so much, but I was afraid to tell anyone. There was no one for me to tell, my family was a part of the problem, and my church family made me feel like I had to be a super Christian.

At one point I allowed myself to be vulnerable and shared with another Minister that I had not attended church that Sunday, because I was so depressed I could not get out of bed and she replied, “you should be over that by now.” So, I went on like everything was okay, I was a Minister, I was preaching and teaching surely, I couldn’t be depressed, bounded up by rejection, and on the verge of a nervous breakdown, but I was.



I knew I was in a bad place mentally; I continued to seek the Lord; he was the only one who knew and understood the pain I was feeling. It was the Scriptures that changed me, it was the Scriptures that healed me. I read the Scriptures, I learned the Scriptures, I applied the Scriptures, I prayed the Scriptures. I asked the Lord to help me not be conformed to this world and to allow me to be transformed by the renewing of my mind (Romans 12:2).

It was the word that changed me and brought about the changes that I made. God honored his word and renewed my mind. It took years for me to get healed and in some ways, I am still healing, as I think that healing is a continuous process. To be healed I had to make some changes. I had to change my environment, my mindset, how I viewed myself and how I viewed others.

I had to be willing to let some people go and had to be willing to accept some new people. Learning to forgive myself and the people who hurt me was a valuable part of my healing process. It was through prayer and study of the Scriptures that I found the necessity and courage to forgive.

I even had to embrace some tools that I once frowned upon, which were counseling and medication for depression and anxiety as part of my healing process. Embracing these tools was part of the change, I had to be willing to make to be healed. These tools were temporary tools, but they were tools that helped me along my journey.



It took me a long time to open up to the idea of going to counseling because I didn't want to be vulnerable and tell a stranger all of my business. However, I did benefit from going to counseling because it allowed me to share things that were in my heart that I had never shared before, in a judgement free zone. I prayed and asked the Lord to lead me, and he led me to a counselor that shared my same religious beliefs. Having shared religious beliefs was important to me.

Though I benefited from the counselor's expertise, I trusted God for my healing. I trusted God for my healing, because I understand counselors are human and need a healer themselves. I am not currently in counseling.

I will not go into details concerning my medication usage because this guide is provided from a spiritual perspective and is **NOT** intended as medical advice. The decision to use or not to use medication is between you, the Lord and your medical professional. Recently, I've had to change what I look at on television, as well as change the people I was following on social media. What we absorb through our ears and eyes influences our thinking. Good or bad we are influenced by our environment and the people we are constantly in contact with. I could not continue to consume toxic content and expect to produce healthy content. I began to ask the Lord to turn my eyes away from worthless things and to revive me in his way (**Psalm 119:37**) and my desire for toxic content began to diminish. Making these changes has had a positive influence on my mental state.



My mind is clear, I think and function better. Consider your environment and ask the Lord to help you identify changes you need to make to your environment, which would facilitate your emotional healing. I hope that by sharing a part of my journey you are encouraged to believe that you can also be healed. With God all things are possible ([Matthew 19:26](#)) and this includes you being emotionally healed.

Change is a necessary component of being healed emotionally. It is impossible to be healed without changing, you must be committed to change. Sandra D. Wilson author of *Hurt People Hurt: Hope and Healing or Yourself and Your Relationships*, explains that “the healing process is like trying to package a live octopus. Just about the time we think it’s all wrapped up, something else pops out! That’s why it’s more realistic to talk in terms of “I’m committed to a changing process” rather than “I’m completely changed” (Wilson 2001, 233). I want to encourage you to decide that you can and will change. Change is possible with Christ. “Therefore, if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new” ([2 Corinthians 5:17](#)).

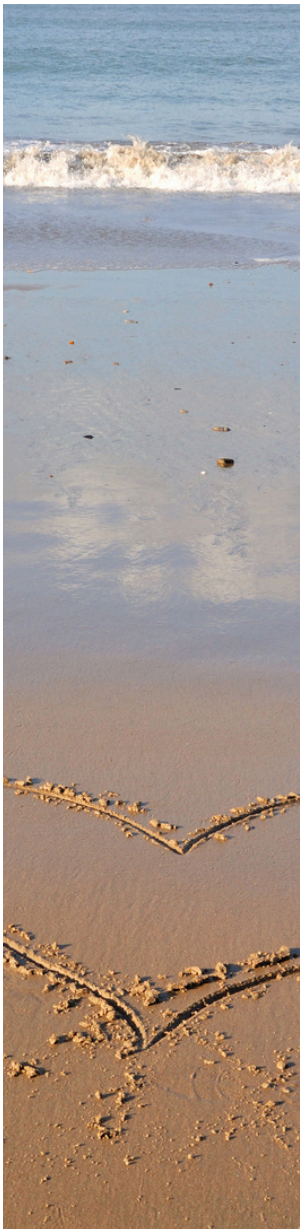


You can experience emotional healing, the Father wants to heal the hearts of his daughters.

02

Three Steps to Emotional Healing

*He heals the brokenhearted
and binds up their wounds. Psalm 147:3*

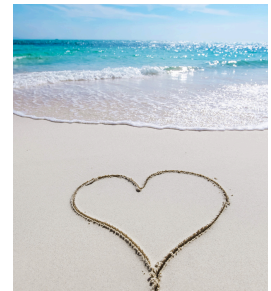


The first step to getting healed is to acknowledge that you are emotionally wounded and need a healer. Being constantly angry, sad frequently, stressed out, fearful, jealous, vengeful, bitter, and constantly feeling rejected, are all symptoms of being emotionally wounded. If you are born again and you are not consistently demonstrating the fruit of the Spirit described in [Galatians 5:22-23](#) “love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control”, then you need to be healed emotionally. Christians are not immune to being hurt after accepting Christ as our savior and the wounds we experienced before Christ are not magically healed at the time of our salvation. “We don’t stop being human when we start being Christian. Unseen emotional scars from wounds inflicted by others don’t disappear any more than visible, physical scars. So, when Christians experience painful suffering, emotional or

physical, we are not strange spiritual misfits; we are human beings. And we are not backsliding or faithless if we seek human comfort and counsel when we hurt” (Wilson 2001,12-13). However, Christians can take comfort in knowing that, “many are the afflictions of the righteous, but the Lord delivers him from them all” (Psalm 34:19)

The second step is to ask the Lord “What do I need to do to be healed? Be willing to move as the Lord leads you. Allow the Lord to show you the path you need to take to be healed. Proverbs 3:5-6 “Trust in the Lord with all your heart; Seek his will in all you do, and he will show you which path to take.” Act when the Lord leads you. The Lord may lead you to change your circle of influence. You may have to change what you look at on television or be mindful of who you follow on social media. The Lord may even lead you to start going to counseling or have you to establish a routine of prayer and fasting. The point is, whatever the Lord leads you to do, so that you may be emotionally healed, do it. To be healed you must make some changes. “If we don’t change our direction, we are apt to end up where we are headed,” says an ancient Chinese proverb” (Wilson 2001, 93)

. Emotional healing is not a one size fits all process. Getting healed emotionally takes time, some of the pain you are experiencing is from years and years of being hurt repeatedly. Do not rush the process. Do not compare your healing journey to the healing journey of others, allow the Lord to lead you down the path of healing he has for you. Some people have used western medication, and others have used natural remedies on their healing journey. There are also people who have not used any form of medication on their journey. The bottom-line is do not put the Lord in a box, allow him to show you what is right for you.



The third step to being healed emotionally is learning to forgive. Your journey to emotionally healing will not be easy, as healing is a process; but it is possible. I want to encourage you to strengthen your relationship with the Lord through prayer and study of his word. During your time of prayer, the Lord may lead you to forgive people who have hurt you. “For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses” (Matthew 6:14-15).

However, if Jesus could forgive the very people who were about to kill him, surely you can forgive the people who harmed you. “And Jesus said, “Father, forgive them, for they know not what they do.” And they cast lots to divide his garments” (Luke 23:34). You will have to depend on the Lord to help you forgive people, forgiving others does not come naturally. Forgiveness plays a vital part in emotional healing; you may find that you will have to learn to forgive yourself for some decisions you made. At some point you may have to ask the Lord to forgive you. 1 John 1:9 explains, “If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” The Lord is willing to forgive you and at some point, you will have to extend this same grace to others. The Lord is strong and mighty and able to save and wants to save you. The Lord loves you and wants you to be emotionally healed.



03 Frequently Asked Questions

Does God Care About My Emotional Wounds?

Yes, God cares about you because he created you and called you good (Genesis 1:27, 28, 31). God cares about your need for emotional healing. Hebrews 4:15 teaches us that we do not have a high priest who is unable to empathize with our infirmities, “but we have one who has been tempted in every way, just as we are-yet he did not sin” (New International Version). **Hebrews 4:16** concludes since God can empathize with us, we should “come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most” (New Living Translation). God cares about your emotional woundedness. “The Lord is close to the broken hearted and saves those who have a contrite spirit.” (Ps. 34:18). **Psalms 34:19** reminds us that “many are the afflictions of the righteous, but the Lord delivers him from them all.” Be encouraged because, “The Lord redeems the soul of his servants and none of them that trust in him shall be desolate” (Ps. 34:22). The word desolate means dismal, dreary, joyless, devoid of cheer, devoid of comfort, fortunately those who put their trust in God will not be in a permanent state of desolation; it's human nature to experience some emotional distress, but you do not have to be stuck in that emotional distress.

God is not a respecter of person as he does not show favoritism, Peter made this point in **Acts 10:34** and Paul expressed the same sentiment in **Romans 2:11**. Therefore, if he was concerned about the following women highlighted in the examples below, rest assure he cares about your emotional distress and will deliver you.

Examples of God Caring for Women

2nd Kings 4:1-7 NIV The wife of a man from the company of the prophets cried out to Elisha, “Your servant my husband is dead, and you know that he revered the Lord. But now his creditor is coming to take my two boys as his slaves.”
2 Elisha replied to her, “How can I help you? Tell me, what do you have in your house?”
“Your servant has nothing there at all,” she said, “except a small jar of olive oil.”
3 Elisha said, “Go around and ask all your neighbors for empty jars. Don’t ask for just a few. 4 Then go inside and shut the door behind you and your sons. Pour oil into all the jars, and as each is filled, put it to one side.”
5 She left him and shut the door behind her and her sons. They brought the jars to her and she kept pouring. 6 When all the jars were full, she said to her son, “Bring me another one.”
But he replied, “There is not a jar left.” Then the oil stopped flowing.
7 She went and told the man of God, and he said, “Go, sell the oil and pay your debts. You and your sons can live on what is left.”

Luke 7:11-16 New International Version (NIV)

Jesus Raises a Widow’s Son

11 Soon afterward, Jesus went to a town called Nain, and his disciples and a large crowd went along with him. 12 As he approached the town gate, a dead person was being carried out—the only son of his mother, and she was a widow. And a large crowd from the town was with her. 13 When the Lord saw her, his heart went out to her and he said, “Don’t cry.”

14 Then he went up and touched the bier they were carrying him on, and the bearers stood still. He said, “Young man, I say to you, get up!” 15 The dead man sat up and began to talk, and Jesus gave him back to his mother.

16 They were all filled with awe and praised God. “A great prophet has appeared among us,” they said. “God has come to help his people.”



Is It Too Late for Me to Be Healed?

No, “there is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build” ([Ecclesiastes 3-3](#)). Remember the woman with the issue of blood mentioned earlier, she had been sick for 12 years. She could have given up, but she continued to believe that she could be healed ([Luke 8:43-48](#)). Don't lose hope, it is not too late. God can heal you.

Does God Want Me to be Healed?

Yes, he provides healing through Jesus. Jesus is willing and able to heal you. [Luke 4:18](#)

“The Spirit of the LORD is upon Me, Because He has anointed Me To preach the gospel to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives And recovery of sight to the blind, To set at liberty those who are oppressed”; [Luke 4:18](#) speaks of Jesus' ability to heal.

[Matthew 11:28-30](#) New International Version (NIV)

28 “Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.” This verse speaks of Jesus willingness to heal.



Conclusion and Prayer

In conclusion I want to encourage you to keep the faith and believe that you can be emotionally healed. It is my hope that this guide helps you on your journey to emotional healing.

Father, in the name of Jesus I pray that you will heal the hearts of the sisters reading this guide. I pray that the sisters reading this guide will fall deeper in love with you and trust you with all of their heart. I pray that they will hunger and thirst for righteousness and desire to learn your word. Lord, please show them the path they need to take to be healed and provide any resources they need. I pray that you will take away the fear, anxiousness, bitterness, anger, sadness, feelings of being unwanted, not good enough and thoughts of suicide and replace them with the fruit of your Spirit: love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. In Jesus name I pray. Amen.

Bibliography

Wilson, Sandra D. Hurt People Hurt People: Hope and Healing for Yourself and Your Relationships. Discovery House Publishers, 2001.