



UNSHACKLED:

**Freedom from the pain of the Past
Part 1**

Philippians 3:12-14

“I don't mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me. No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.”

Philippians 3:12-14 NLT

Emotions Defined.

- *“A disturbance”; “excitement”; “to move”
- *“The affective aspect of consciousness”;
“A state of feeling”.
- *“A psychic and physical reaction (as anger or fear) subjectively experienced as strong feeling and physiologically involving changes that prepare the body for immediate vigorous action.”
- *An “emotional person” is a person who is easily stirred and affected by their emotions.

How Should We View Emotions?

Emotions are NOT evil, though they can be used for evil.

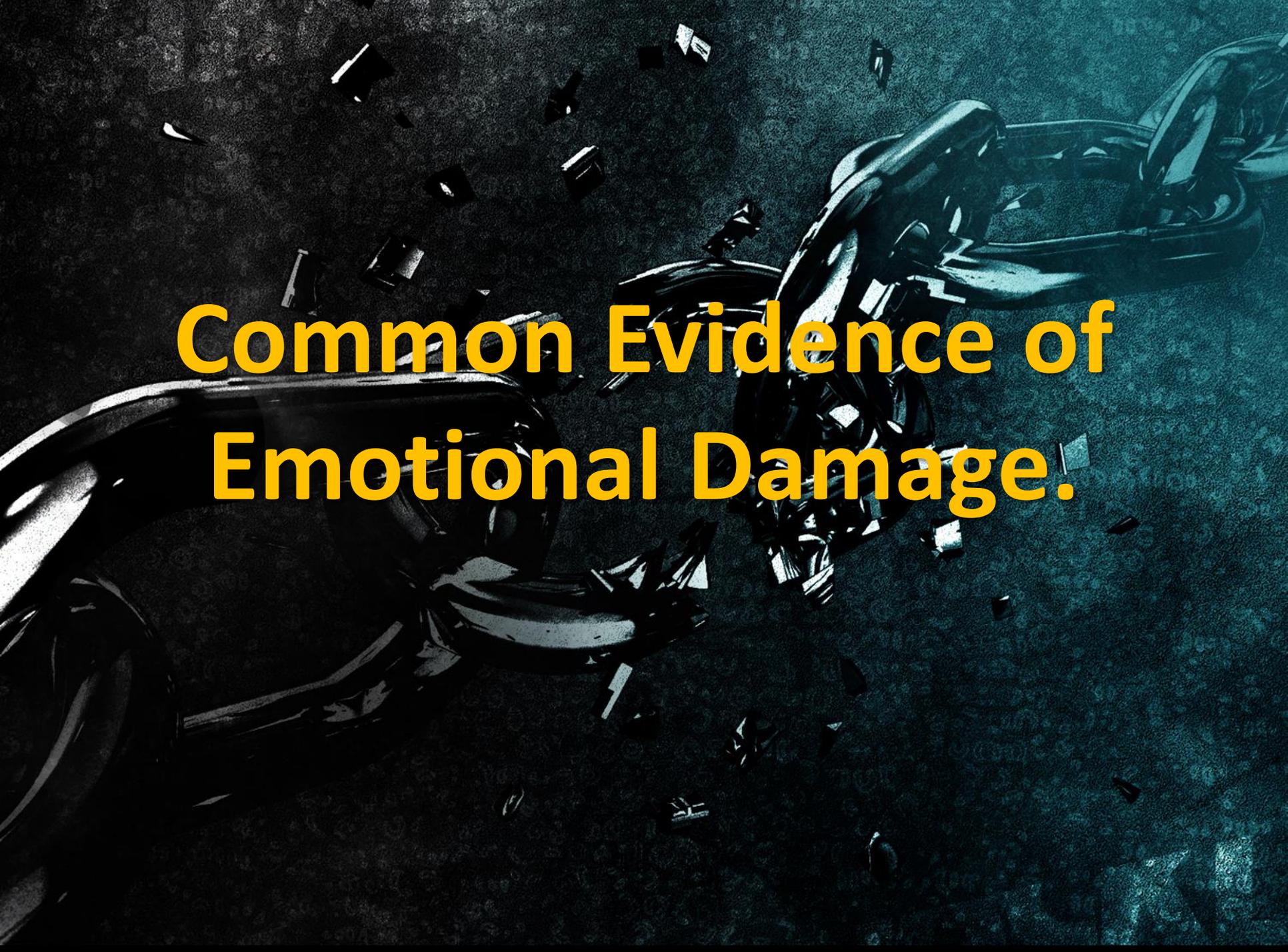
God gave us emotions to help us express ourselves and motivate us to accomplish things for Him with energy and passion. But, emotions which are out of control or in control of us are contrary to the Word and will of God.

How Should We View Emotions?

We shouldn't want to eliminate our emotions. We want them to be healed and whole and under the control of the Word of God and the Holy Spirit. **Romans 8:5; Galatians 5:16-23**

The emotions of the Unbeliever. **Ephesians 4:17-19; Romans 1:24-32.**

Our emotions (thoughts) will determine our Behavior. Also, our behavior will affect our emotions for good or bad.

The image features a dark, teal-tinted background. In the center, a car door is shown in a state of severe damage, with its metal frame crumpled and its glass shattered into numerous sharp fragments. The glass pieces are scattered across the dark surface, some reflecting light. The overall mood is one of destruction and loss.

**Common Evidence of
Emotional Damage.**

A Sense of Unworthiness.

A continuous feeling of anxiety, inadequacy, and inferiority. A nagging on the inside that constantly says;

“I’m no good”;

“I’ll never amount to anything”;

“No one could ever possibly love me”;

“Everything I do is wrong”.

The Perfectionist Syndrome.

This is an inner feeling that says;

“I can never quite achieve”;

“I never do anything well enough”;

“I can't please myself, others or God”.

This kind of person is always striving and never able to attain. The more they do, the more they think they ought to do.

Super-sensitivity.

This type of person has usually been hurt deeply. This is characterized by the need for much approval.

Sometimes supersensitive people become very insensitive to others.

They try to cover up their sensitivity by becoming hard, hurting and controlling.

Various Fears. There are many kinds of fear that people are held in bondage to. One of the greatest is the **fear of man.** When a person is always afraid of what other people think, it is a trap. **Proverbs 29:25.**

Another dominant fear in people is the **fear of failure.** These folks are so afraid of losing at the “game of life” that they never get into the game!

Suffocators. Love has been so withheld by them in childhood that they end up smothering those they are around.

Anger.

Many people have a deep seated anger which either festers inside of them and occasionally explodes or it could be apparent most of the time. This can be due to a sense of having been treated unjustly amongst other things.

**People have been damaged
since the Fall!**

- **Cain** is jealous of Abel and kills him;
- **Lamech** introduces polygamy to the world.
- **Noah** – the most righteous man of his generation – gets drunk and curses his own grandson.

- **Lot** – when his home is surrounded by the men of Sodom who want to sexually violate his visitors, he offers his own daughters to be sexually abused. Later his daughters get him drunk and get impregnated by their own father – and, remember, Lot is the most righteous man in Sodom!

- **Abraham** has sex with his wife's servant.
- **Abraham** plays favorites between his sons Isaac and Ishmael.
- **Isaac** plays favorites between his sons Jacob and Esau and they become bitter enemies for about 20 years.

- **Jacob** plays favorites between Joseph and his other eleven sons so much so that the brothers want to kill Joseph and settle on selling him into slavery.

**And this could go on and on!!!
Some would say these people
need therapy!!**



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