



WHY PEOPLE NEED HEART HEALING

We are all on a journey of becoming more like Christ. When we received Christ into our lives He gave us a new heart. And we are learning how to live out of that new heart—how to believe, forgive, trust, love—.

But there are a lot of ups and downs, mountains and valleys, victories, but disappointments and sorrows and setbacks. Our hearts get bruised and broken and we disconnect from it and try to go to problem-solving

and figuring out what is wrong and trying to correct it from our brain, from knowledge. And so, sometimes we look good on the outside but we are living life mechanically without using our heart. And often we just have never learned from others, from our church, how to live from our heart. And so instead of an abundant life we live in fear and isolation. Afraid to be vulnerable, afraid others will see who we are. And Jesus is longing for us to accept our true identity and become like Him, live like Him and experience all that He has for us here in this earthly life.

The Bible talks about the heart all of the time.

What is the heart?

It is the inner man—the core of who we are

It includes our reasoning, understanding, discernment, thinking, mind

It is where our will is located.

In the heart is our:

- Memory
- Appetites, passions
- Emotions
- Courage

Your heart is important!

- Prov. 4:23—The wellspring of life—so it will determine the course of your life
- Matt 18:35—You must forgive from your heart
- Jer. 29:13—We must seek God with all our heart
- Luk 10:27—We are to love God with all our heart
- Matt 12:35—We bring forth good things from the good treasure of the heart.

This is only a short overview of what the Bible has to say about the heart. But—we are told to guard it above all else! (Again Prov 4:23)

Hurts, wounds and lies in our hearts can distort not only our image of God, but the image we have of ourselves.

The Goal of Heart Healing—To be the REAL us

With heart healing, we are restored to the person God has created and designed us to be. We gain His perspective on ourselves and on Him.

Who needs heart healing?

Everyone

Because of the pressure to be “good” Christians, often we are not willing to face our own pain. So—we bury it somewhere in our hearts and try not to let it peek out. We deny the pain, pretend it’s not there, minimize its effect in our lives.

Our hearts are important—the most important thing about us.

We have the promise from God: He heals the brokenhearted and binds up their wounds. Ps 147:3. We can try to fix and do, but we need God to bring that healing instead of putting a bandaid on it. Often we think if we just try harder...but it doesn't work.

We don't need a “do it yourself” project; we need to be transformed--from the inside out. Our new heart comes immediately when we are saved. But the transformation of our lives is a process.

We know by the fruit of our lives what is going on in the heart.

Jesus said in Matthew 15:18-19 that what comes out of our mouths comes from the heart and shows what is inside.

Honestly evaluate the fruit in your life.

Praise God for all the good fruit!

When we receive Christ, the Holy Spirit abides in us and we begin to produce good fruit through our relationship with Him.

Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self control.

The deeper we put our roots down into His love (Eph. 3:17) and into the Word of God and faith (Col 2:7) the more fruit we will have in our lives.

Some bad fruit?

But sometimes the fruit in our lives is not consistent with our identity as God's beloved children (Eph 5:1 and 8)....we do not bear His resemblance in some areas of our lives. There may be things like unhealed pain, ongoing anger, fearfulness, addictions, pornography, hopelessness, oppressive unrelenting depression. These could be signals that invite us to look deeper and see what the roots are of this kind of fruit in our lives. And Jesus is the only one to do that effectively and permanently. We may have unhealed wounds giving us pain, unresolved issues, bitterness, unforgiveness, to name a few.

Ask the Lord to reveal the root of that fruit:

- What is broken?
- What needs healed?
- What needs resolved?
- What needs exposed to the light?
- What needs confessed and put to death?
- What needs to be brought to LIFE?

Yes, many things have happened in our past and knowing those things will cast light on what is happening in us now. We don't always like to look into the past and may think it's a foolish waste of time. But what we are talking about is the present, not the past. It is a root that is working in our present producing negative fruit and so we need to go back and “root it out”. Actually behavior is not the problem. It is an expression of the problem. You can try to “cut down” the problem, but if the root is still there the behavior will return.

That is why you will see as we go along in Immanuel Prayer that when heart healing is involved it is often bringing up memories from the past that are still causing pain in our lives. Pain that has never been resolved. Even lies that we have believed. Jesus is the one who knows where that “root” is, and as we communicate with Him, He will eventually bring us back to the source. Sometimes it is a short process; sometimes a long process. But if we open our hearts to the great Healer to do the work, He will bring transformation to us. And to those we work with.

Psalm 103:2-4 He forgives; He heals; He redeems our lives; He crowns us with love and compassion.

2 Corinthians 3:18 But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit.

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