

Emotional Healing Part 2

Whosoever therefore shall humble himself as this little child, the same is greatest in the kingdom of heaven.

Matthew 18:4

Inside of our human psyche we have three people: the child, the adult and the parent. To be a fulfilled adult and a responsible parent we need to champion the child inside. Emotional healing will transform that "little one" from the "wounded child" to the "wonder child."

Jesus equated humility and true greatness with childlikeness. With God, the way up is down. According to His principles we give to receive and lose our lives to find them. He tells us to love our enemies, pray for those who spitefully use us, and forgive those who have wronged us.

It is not so with our unregenerated spirits. The teachings of Jesus are totally foreign to our natural concepts of thinking "in the flesh." Corporate America could learn a lesson here. Perhaps it would have kept them from greed, deception, "white-collar crimes", and eventually prison.

The "adult" in us tries to be logical in all things. There is no room for anything that cannot be naturally explained. If it cannot be seen, heard, felt, spoken or touched, then it is not worthy of further consideration. The "adult" looks for the problems and the rude realities of life. The "adult" is afraid to reach out to others and give of himself. He has been hurt too many times and his jagged emotions cannot take any more real or perceived rejections. To him, if it cannot be added up on paper, the equation is not acceptable. He has become "jaded" and worn down by the unfulfilled dreams of his past.

For the "parent" inside of us, there is the weight of responsibility and the fear of failure. The children have not come with a handbook full of fail-proof instructions that guarantees success in their rearing. It is easier for the parent to "tell" the young ones in his care "how to live", instead of "showing" them by his consistent example. One of the temptations of the parent is to exercise his "authority to the extreme" and "crush the child" with his unbending rules, regulations, and verbal and physical abuse. The parent is from "the old school", where "a child is to be seen and not heard." There is no room for experimentation or failure with the strict parent. He wants to make all the decisions, as he "knows what is best" for the child.

If our "inner-child" is not healed of emotional wounds it will not be able to make a positive contribution to the "balance" of our "adult" and "parent." The "restraint" of adulthood and the "burden" of parenthood will squeeze out the "joy" of the child. How important it is to champion our inner-child, to establish an "eternal child-likeness", by getting rid of the destructive elements of damaging "child-ishness."

Celebrate your inner-child! Never ignore him. Nurture the simple and basic things of life. Appreciate your surroundings. Notice and compliment others. Look for the good. Stop trying to re-make them in "our own image and likeness." Celebrate the diversity of others. Take time to smell the roses. Every once in a while thank God that He made us like we are. May we accept ourselves and never compare ourselves with someone else. Dream dreams. We have been called to be visionaries. As we "purify" our minds of past injustices, let us not let the limitations of yesterday and today determine our tomorrow.

Every once in a while set aside time to play, enjoy life, be with friends, laugh until our sides ache, make fun of our foibles, and dare to do something new. We can even write ourselves a letter with the hand we do not normally use, so that the writing looks like the "scribbling of a child." Let it all be for the glory of God! Creativity and breakthroughs come through "becoming like a child" in faith and simplicity.

If this goes against someone's "religion", it is time to have a fresh "revelation" and "relationship" with Jesus. If "our child" is healthy, it will bring us into right relationship with "our adult and parent." We will be more "human"—that is, "naturally supernatural"—instead of trying so hard to achieve an "impossible image." The change will be so impressive, our friends may ask if we have lost weight, have new clothes or a different hair-style. The emotional healing that took place on the inside is now showing on the outside.