

**Emotional Healing**  
**Part 1**  
**The Emotions of a Child**

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

**Matthew 18:4**

There is a big difference between being child-like and child-ish. Childlikeness is being open, full of dreams, secure, positive, willing to try new things, playful, forgiving, filled with faith, believing that Daddy-God can do anything. Contrast that with childishness, which is being closed, filled with resentment, unforgiving, negative, thinking everyone is against him, vengeful, insecure, self-centered, emotionally-damaged, and faithless.

Tragically, many people have fully matured bodies, but the emotional mentality of a small child. This is what I call the emotions of a child “trapped” inside an adult body.

Every childhood trauma that produced a deep hurt or emotional wound has to be confronted. If it is not addressed, it will continue to haunt us the rest of our lives. Any big upset, especially rejection in any of its many forms, that we have not faced, forgiven the perpetrator, and gotten rid of its toxic poison, will impair our emotional growth. If we have never completed dealt with it, that feeling will be “frozen” inside of us and the unresolved conflict will continue to spread its negativity and uncertainty into every part of our being.

A spiritual wound parallels a physical one. If a wound is festering, infecting our bodies, it needs to be treated before causing further problems. If the healing process were to start from the outside to the inside, we would be in big trouble. It would trap all of the poison inside our bodies and in a matter of a short time we would be dead. The poison would have no way to escape. It would be trapped inside. It is possible to look like we have it “all-together” outwardly, but be an “emotional wreck” on the inside.

When God heals us of a physical wound, the healing has to start on the inside and work its way to the outside. After the healing begins, and it is a process, it may get worse before it gets better. All of the impurities have to be flushed out of our system. And those impurities are not always pleasant to feel, see or smell. If we want to live we have to take practical measures to be restored to health.

The spiritual healing for damaged emotions is much the same. We have to “face the original pain.” When someone hurts us, why do we react like we did when we were five, eight, or 12 years old? This is a childishness emotion trapped inside of a mature adult body. Just because the physical body has grown does not mean that the emotional being inside has kept pace. This is the root of broken relationships: unhealed emotional trauma that is “frozen” at a certain point in time and holds its victim as a slave to that particular feeling.

There is only one way for damaged emotions to be “unlocked” and given a chance to mature. Face the hurt head on. It does not matter how long ago it lodged into your spirit and made its home there. Just because you have forgotten about it does not mean it is not there. It has burrowed deep inside your psyche. It is an “enemy in hiding.”

Even as flies and insects gather around and feed on garbage, “familiar spirits” will be attracted to your unhealed wounds. Familiar spirits are demons that magnify unforgiven, undealt-with hurts. If you were rejected, have anger, jealousy, insecurity, or anything that causes an emotional dysfunction, face it and “talk” to it. Tell it that it can no longer control your life.

Say, “I forgive the person who did this to me. I refuse to accept the label they tried to put on me. Hurt, I no longer fear you. I know who Jesus Christ says I am. I am free from you. You are no longer my master. From this time forward I accept responsibility for keeping myself clean and to be sensitive to the voice and leadership of the Holy Spirit within me.”

Negative childish emotions will destroy relationships. They will be roadblocks to emotional maturity. This is “excess baggage” that in reality is just “garbage.” Get rid of this infectious poison before it gets rid of you. You can be healed emotionally. Let go of that “security blanket.” God has something much better in store for you. Go for it!