

# EMBASSY

## COLLEGE



### TEXTBOOK (ACADEMIC VERSION)

## You Can Be Emotionally Healed

COURSE: YOU CAN BE EMOTIONALLY HEALED (CC660)

### Dr. Morris Sheats



**© Copyright 2019**

This specially formatted textbook, the Academic Version, is designed for exclusive use by students enrolled in Embassy College. Please do not distribute the PDF file of this book to others. This text is intended as a complement to the course syllabus with the recommendation that the student print this textbook in a two-sided format (duplex) and with a three-hole punch for binding with the syllabus in a notebook folder.

YOU CAN BE  
EMOTIONALLY HEALED

MORRIS SHEATS

Copyright © 1994 by Leadership Institute. All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without the written permission from the Publisher.

Published By: Christian Life Publications, P. O. Box 8786, Columbus, GA 31908-8786.

Unless otherwise stated, all Bible quotations are taken from the King James Translation.

THE LIVING BIBLE, Copyright 1971 Tyndale House Publishers, used by permission

## CONTENTS

Chapter 1	You Can Be Emotionally Healed . . . . .	1
Chapter 2	The Healing of the Memories . . . . .	13
Chapter 3	Wounded Hearts . . . . .	25
Chapter 4	Broken Dreams . . . . .	37
Chapter 5	The Hidden Child Within You . . . . .	49
Chapter 6	Spiritual Answers to Financial Problems . . . . .	61
Chapter 7	Reactions . . . . .	73
Chapter 8	How to Turn Sorrow Into Joy . . . . .	83
Chapter 9	Suffering: The Common Denominator. . . . .	95
Chapter 10	How to Handle Fear . . . . .	107
Chapter 11	The Danger of Comparison . . . . .	119
Chapter 12	Causes of Depression . . . . .	131
Chapter 13	How to Receive the Greatest Benefit from Your Problems . . . . .	145
Afterword	Keeping Your Emotional Healing . . . . .	159

# PUBLISHER'S FOREWORD TO THE FIRST EDITION

You are about to embark upon a reading experience that will change your life. The following pages contain some of the most needed teaching and biblically sound advice that we have read. At some time or another, you will probably experience one or more of the emotional problems which Morris Sheats has dealt with so effectively. With this in mind, we have provided blank pages at the end of each chapter for personal notes. When you read something that applies to you or someone you know, make a note of it. When the Holy Spirit reveals to you an area of your life that needs changing, make a note of it. Don't count on your memory to record it.

We are humbled to have been chosen to publish this fine book and pray that it will help you, and others through you, in the days to come.



# CHAPTER 1

## YOU CAN BE EMOTIONALLY HEALED

God wants us to be whole! And we can be whole, for God's grace is sufficient; it is more than enough to keep us strong no matter what happens.

As we read in Job 22:21, we are given a provocative statement: "Acquaint now thyself with him, and be at peace..." This is a tremendous promise. It says plainly that the way to peace and goodness is to acquaint yourself with God.

You cannot really, honestly acquaint yourself with God without finding peace. The world is searching to find peace today. We are very familiar with our problems - we give them first place in our thinking. We want to be free from them and live at peace.

Not long ago a man said to me, "Before long, I'm going to get a raise and our financial problems are going to be over. We're finally going to live in peace." I looked at that man and said, "Have you really given yourself to God?" "Oh, not completely," he said. Then I spoke these words: "I don't mean to be rude or harsh with you, but that raise you are anticipating will not bring the peace you are expecting. Peace begins inside - it is not external." When we know God; when we acquaint ourselves with Him; then, and only then, do we begin to know peace.



Of course, finding peace means freedom from guilt. It means freedom from all memories of the past. The more you acquaint yourself with God, the more He heals your memories. The result will be a deep and abiding peace. (Chapter Two)

Job 22:21 goes on to say, "Good shall come unto thee." You see, a promise of God is to bring good to His children. I wish, once and for all, that we could destroy the Puritan idea that God is mean and nasty, wanting to send you into the pits of hell. Do not misunderstand me, there is a day of Judgment. There will be a time when men will face eternal destiny. But I know in my heart, and according to the Bible, that God wants the very best for all His children. I'm convinced that He wants good to come into your households. So acquaint yourselves with God and then good shall come unto you. You can quit worrying about what tomorrow will bring because, as the Apostle Paul points out, if you love God, everything will eventually work out for good.

I have a little sign in my study which I read every day. It says, "Today is the tomorrow you worried about yesterday." There's a great deal of truth in that statement. We are constantly worrying about what's going to happen tomorrow. A major step toward emotional healing is to understand that God wants good to come your way.

You might say then, "Why is it that I always have setbacks? Why is it, then, that I do not always have good coming in my direction?" It is because we live in a world where there are forces of good and forces of evil, and from time to time we will face exposure to the forces of evil. But it is not God's desire that we live constantly under the bondage of satan. It is His desire that we be set free and live in a state of goodness.

Even today as I write, God's goodness is present. I look over a very peaceful English countryside. The brook is bubbling. the sheep are resting - "even in green pastures." I am here with my wife resting. It is only by God's goodness.

Having just returned from teaching national pastors in Kumasi,

Ghana, I am acutely aware of my present surroundings and those conditions a few days ago.

In Kumasi the accommodations were sparse but adequate. No hot water most of the time. Often no electricity, yet I experienced the goodness of God there as much as here in this lovely English countryside where there is abundance. God is good and desires to shower His goodness on us.

Our problem is that we do not believe that our Heavenly Father wants to provide His goodness to us. We concentrate on our weaknesses rather than His strengths. The result is often a sense of defeat rather than an experiencing of God's goodness.

Often these defeats and setbacks leave us with a wounded heart. We are like the man on the road to Jericho - robbed, wounded, and left to die! But remember, God is the healer of wounded hearts, and good shall come unto you. (Chapter Three)

Job 22:22 reads: "Receive, I pray thee, the law from his mouth, and lay up his words in thine heart." This is a powerful step to emotional healing. When you keep God's Words in your mouth and lay up His Words in your heart, you will have emotional stability. Meditating on God's Words brings great strength.

When you dream a dream and find it hasn't worked out, what do you do? Do you give up and quit? The best procedure is to meditate upon the Word of God. As you do this God will enable you to live through that broken dream.

In 1987 I experienced a devastating defeat in my professional life. I was asked to pioneer a new church in North Dallas. There were only a few families involved and I was forty-four years old.

Having helped pioneer the Trinity Church in Lubbock, Texas, I knew the price to be paid to start any congregation. I had seen the Trinity Church grow to be one of America's largest interdenominational churches. It continues to flourish abundantly long after I have left.

The fulfillment of creating, with God's help, a flourishing congregation is a supreme joy. Yet, the pain of testing in the birthing years can be almost overwhelming to one's mental, physical, and spiritual capacities.

So, only after much prayer with my family, was the decision made to begin, with a few families, the dream of Hillcrest Church in North Dallas.

When severe governmental problems arose only two and one-half years into the building of the dream, I was devastated. It was only prayer, the loyalty of my family, the prayers of others, and the intense meditation of God's Word that sustained me. You can live through broken dreams and dream again. (Chapter Four)

Job 22:23 says: "If thou return to the Almighty, thou shalt be built up..." Most doctors will tell you that between sixty and eighty percent of our illnesses are caused by nervous disorders. They are illnesses caused by constant worry about tomorrow.

But God is saying to us, "I want to build you up. I want to strengthen you." What does He mean by that? Read what Paul says in I Corinthians 14. "When someone speaks in a tongue, when someone prophesies, when someone gives a special message, let it build up the body of Christ." There is hope and we can be built up in God.

Part of the process of being built up in God is being liberated from the hidden child within you. All people have a child that still seems to cause problems even though they may be an adult. The child that was hurt or wounded still seems to control the adult. That hidden child within you may be the source of many physical and emotional problems.

Fortunately, when you are built up in God you can also be set free from the hidden child within you.

Most of us have a struggle with the child within as adults. I did and, perhaps at times, still do. However, a remarkable healing occurred when I was forty-seven years of age. I faced the truth.

My parents were wonderful in many ways. Having been the products of the Great Depression, they worked hard to overcome poverty. My father had a dramatic spiritual conversion in his early thirties. He left “dirt farming” (I never quite understood the term...what else would you call it?) and entered the ministry of the church.

The church he entered was very legalistic. Everything about life was “bad or evil.” I now realize that early in my life I subconsciously rejected that lifestyle. I determined to be positive.

The child within, however, always haunted me. If I was successful and reached a dream, I felt guilty. It was the child within who had been taught well the “do not’s of life” and not the “do’s of life.”

At forty-seven, I realized my parents did the best they knew. They provided well. They loved me. They even sacrificed to provide travel. It was the “religious system” that controlled their minds and emotions and thus was passed on to me.

Finally, thanks be to God, I learned God’s grace and mercy could heal the child within. (Chapter Five)

The next step to emotional healing has to do with money. If there’s any one thing that people are worried about today it’s the economy of the American system. We are in a world-wide recession. People are concerned. It’s the number one topic of conversation. The economic status of the land is more dominant in the minds of people than politics or the weather. People are not sure what will happen to the value of gold and silver. But when we begin to put ourselves in the right relationship with God, He will take care of us no matter what happens. Emotional healing can only take place when you turn your finances over to God.

Many people can turn everything over to God except their money. They can relinquish everything except their business - and then they begin holding on like a dying man clinging to a two-by-four in the middle of the ocean. The only answer to our financial crises as Christians is the entire commitment of our income to God. Just say,

“Father, here it is - you take it and use it.”

When you pray that prayer, you are going to find some answers to the financial problem. You will find that turning your money over to God brings great freedom. After all, the government cannot give us all the answers we need to the problems of a sagging economy or rising prices. Fortunately, there are some answers. (Chapter Six)

When you live as close as possible to God’s principles, you will find that He will be your strength and defense. No longer do you have to react to every situation in a negative way. No longer do you need to respond defensively to each situation of life. When you begin to learn that God is your defense, then you can learn the importance of positive reactions.

I remember at forty-seven years of age my father saying to me, “You better be careful, you are very successful and you are getting too big for your pants.” I had put on a few pounds, but that is not what dad meant.

“Too much success” - whatever that means - was not healthy in my father’s mind. I remember that day. I decided to accept that my father’s words were sincere - from his perspective. I chose to react positively and to believe that God’s goodness and blessings were part of His very nature. You can do the same. (Chapter Seven)

In Job 22:26, a further message is given: “Then thou shalt have thy delight...(Delight means joyful satisfaction.)...for then thou shalt have thy delight in the Almighty and shalt lift up thy face unto God.” In other words, as you acquaint yourself with God, as you are edified and built up, as you realize that God is taking care of your finances, then you are going to have delight in Him.

Now, I know a lot of Christians who love the Lord but have no satisfaction in God. They have lost the joy. They have lost the bubble. They have lost the fizz. It’s all gone. Life is a drag. They’ve got to go to church. It’s another obligation, it’s another duty - it’s something they must do.

When you begin to be really emotionally healed, you will realize that God is taking care of you and yours. He is building you up. He is bringing good things into your storehouse. The result is that you are going to have some sheer satisfaction, some pure joy, some glorious happiness way down deep inside that says you do not have to be frustrated or defeated anymore.

I know that satan comes to every believer and tries to bring depression and frustration. But the Bible says in the book of Romans that, "We are more than conquerors through Christ Jesus who has strengthened us." I have counseled with many people in the last few months who have had problems of frustration, problems of anxiety. I have seen them healed by the power of God. How did this happen? By realizing that God is on the throne. When one realizes that life is eternal, then a lot of things we place importance on today become unimportant.

I remember speaking in a class at Texas Tech University a few years ago. After class a very inquisitive young man began to press me about a number of things I had said. Since that time, I have seen him grow in spiritual understanding and knowledge because he was reaching out for more of God. In a conversation we had later, he said something like this: "Pastor, wouldn't it be great if we could all go to the park some Sunday and just praise the Lord all day long?" I have never forgotten that. There are times in my heart when that is exactly what I want to do. I get tired of schedules. I want to go to a place where I can just close myself in and not worry about time. I want to delight in the presence of God. And that is the kind of emotional healing that God wants to bring, a healing of sheer delight.

When you begin to experience the true emotional healing that God brings, you will even experience that God can turn your sorrows into joy. You may have many heartaches. You may have many disappointments. However, it is so exciting to know that part of the emotional healing is the hand of God touching your life and allowing you to experience joy instead of sorrow. (Chapter Eight)