



Eagle Vision Partner Letter

“Emotional Healing, At Last”

June 2003

Dear Partner,

I pray this letter finds you seeking the heart of God and hearing His voice clearly.

Emotional healing is something that most all of us have needed to experience at times in our lives. Before I begin, I want to share something with you. In **John 11:32-44**, these verses give account of Jesus raising Lazarus from the dead. Verse 35 is the shortest verse in the Bible, but we can learn a lifelong lesson from this verse. The verse says **“Jesus wept.”** What I want to point out here is that Jesus wept. He actually cried because of Lazarus' death. Now if we look back in **verses 23-26**, we see that Jesus knew that He was going to raise Lazarus from the dead. He already knew it. So why did he cry if He already knew it? Did He forget? I think not! This is a lesson that we all can learn---sometimes we need to feel and show compassion. Hurt when someone else is hurting. Cry with them that cry before we offer our comfort, logic, pep talks, solutions and scriptures. Once we can truly walk in compassion, God can use us to bring emotional healing to those in need.

I want you to know that I know what it feels like to need emotional healing. I know what it feels like to be depressed to the point that you don't want to live anymore. I know what it is like to think and feel that things are so bad that you can't see any way out or you can't see how things can get better. I know what it's like to want a baby and miscarry (twice) and the doctors tell you can't carry one to full term. I know what it feels like to be so tired mentally, physically and spiritually that you just want a break away from it all. I know what it feels like to be lonely and your dreams and or desires seem so far away. I know what it feels like to seem to only hear “If you were in the Word more you wouldn't be in that position.” Although that last statement may be true, sometimes you need more than someone telling you that. But I also know there is one who is perfect who also knows what you feel like. He is touched with the feelings of our infirmities (**Heb. 4:15**).

Do you know that Jesus knows what those things feel like too? He knows what it's like to be rejected (**Is. 53:3**), picked on (**Mt. 26:41-43**), in pain (**Is. 53:5**), lonely (**Mt. 6:40, Mt. 26:46**), paralyzed (He couldn't move or change positions on the cross), tempted (**Heb. 4:15**) and many more feelings. He also knows what it's like to feel grief and to have someone close to Him die (**Is. 53:3, Matt. 14:10-14**).

Jesus knows exactly how you feel and He went through it so that you wouldn't have to. He didn't come on this earth because He was bored and had nothing else to do. Also, He didn't come so that He could have authority over the devil. He already had that before He came. He came so that He could give us the right to have authority over the devil so that we would not have to put up with the devil's mess!

Have you ever cared for a baby? If you have, while you were caring for the baby, you met any need that arose with that child. If the baby needed a bottle, you got it for them. If they needed a diaper changed, you changed it for them. Caring for the baby meant that you did whatever was necessary to meet the need of that child. That's what happens when you *cast your cares on the Lord and He cares for you*. *He not only cares about you, He cares for you.*

Sunday services held at 10:00am & weekly Bible studies held Wednesday at 7:00pm at the Kiwanis Park Recreational Center, 2526 Noble Road, Raleigh, NC. From Capital Blvd. Take 440 Outer to Exit 10 (Wake Forest Rd.), turn left onto Wake Forest Rd., turn right onto McNeil (beside Papa Lou's---formally Miami Subs) keep straight & the Kiwanis Center will be directly in front of you.

I know in our lives sometimes there are some deep-rooted issues that don't just drop off. There are some issues in our lives that have been there so long and are so deep that as a Christian, we have been "covering them up" when we go to church. People just smile & say "Praise the Lord." without ever dealing with the issue. Do you realize that the problem will NEVER go away as long as you keep covering it up and choosing not to deal with it? (As a side note, we Christians need to live lives of integrity, discretion and love, so that people won't feel a need to cover things up.)

Saints, it is time to stop covering things up and deal with them! Don't just attack the problem, attack the root of the problem. For example, when I pray for someone that is sick, I don't just pray for the sickness or symptoms to go away, I pray for the cause of the sickness and the cause of the symptoms to go away. Otherwise, whatever is causing the problem is still there & it can cause the symptoms to return. The same goes with our emotions.

Do you want to be emotionally healed? Make a choice right now. Do all you can do and God will do what you can't do! I urge you, don't allow your past to determine who you are! If you are a Christian—then the Bible, the Word of God is the final say on who you are. It's not about what you have done, it's about accepting what He's already done for us! When we accept Him, we are made in the righteousness of God in Christ Jesus. Look at the Word, meditate and study it. Don't just read it like you're reading a novel. Study it like you would study in school for a test. (Believe me, our lives are full of tests.) Study the verses that talk about our righteousness and position in Christ (**Rom. 5:17, II Cor. 5:17-21, Eph. 2:6,20**). Allow the Word to give you a new identity in Christ.

Remember, **God loves you (John 17:23), He values you (John 3:16), He honors you (Ps. 91:15), He planned you (Jer. 29:11) and He delights in you (Prov. 15:8)**. Now would He do all that for someone who wasn't worth anything? He invests in you, daily. Even we don't invest in things that we don't think are worth it and are not able to give us a good return. God sees the end from the beginning, so He knows that you are destined to be great. **Believe in where you are going more than where you have been!**

I want to leave you with this point...just because you are alive means that God has an awesome and divine plan for you! *Take time everyday to pray and read the Word.* I pray that you experience a total breakthrough in your emotions and a second wind in your relationship with God. And as always, we truly appreciate your prayers and financial support.

In His Love,

Deirdre S. Council
Co-Pastor

Steps to Emotional Healing

1. Admit that you need healing in this area. One way you know is you are always quick-tempered with those closest to you. When there is inner pain, there is always an outward expression of that pain.
2. Ask God to help you to identify and deal with where the pain is coming from. This will help you get to the root of the issue. If you can, find someone to confide in.
3. Forgive those that have caused you pain. When you release them you release negative emotions.
4. Ask God to give you a brand new start and don't look back! **You are free in Jesus name!**
5. In the case of a loved one that has passed away, ask God to comfort you and strengthen you. He will embrace you like no other. Time will also help you to make a full recovery. Knowing that there are people that are depending on you and need you to move on (**Matt. 14:10-14**) will also help you.

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