



# Staying Emotionally Healthy in a Crazy World

Burslem  Church

## Being Released

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Read Romans 8

*'Now, the Lord is the Spirit, and wherever the Spirit of the Lord is, He gives freedom.'*

2 Corinthians 3:17

### 1. We need to deal with sin

When we come to know Jesus, the Holy Spirit comes to live in us and He helps us deal with our sin. He doesn't want us to be carrying life's issues with us forever. The Holy Spirit comes to bring freedom.

Isaiah 26:3-4

*'You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! Trust in the Lord always, for the Lord God is the eternal Rock.'*

Unless you are prepared to deal with your sin, you'll struggle to find peace.

### 2. We need to forgive

To be released from our sin and the sins committed against us, we need to receive forgiveness and accept we are forgiven.

1 John 1:9

*If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

If God is prepared to forgive us, why are we not prepared to forgive ourselves? But as well as forgiving yourself, you also need to forgive the sins that have been committed against you. The longer you hold them, the more damage they are doing. It's not harming the other person; it's harming you.

**Application** (if any of these questions bring up issues from the past that you struggle to deal with, please seek further trained or professional help.)

1. Is there anything in the past that you struggle to forgive yourself for? What help do you need to forgive?
2. What hurts from the past are still affecting you today? How can your faith help you through this?
3. What support do you need to get to help move forward?

*Recommended reading*

Let the Healing Begin, Jeannie Morgan, <https://www.eden.co.uk/shop/let-the-healing-begin-5065726.html>