



Bible Study  
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*Week 2 – October 9, 2024*

1. An essential part of the ministry of Jesus is \_\_\_\_\_ (John 8:36).
2. The liberation that is experienced through Jesus Christ impacts us \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

### EMOTIONAL FREEDOM

**Principle 1: Emotional Freedom comes from \_\_\_\_\_ healing.**

1. Read Psalm 147: 3
2. Every person experiences \_\_\_\_\_, meaning that we all have \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ that we need God to heal and make whole.
3. Our feelings should be \_\_\_\_\_, not \_\_\_\_\_. Therefore, we need emotional healing and freedom.

### EMOTIONAL FREEDOM EXPLORED

1. Read Jeremiah 17:9
2. When we go through \_\_\_\_\_ experiences or when we don't get the \_\_\_\_\_ and \_\_\_\_\_ we need (particularly in our childhood years), we carry wounds within us that need to be \_\_\_\_\_. There is some \_\_\_\_\_ that comes from \_\_\_\_\_ until it is healed.
3. Read Hebrews 12:15

**Principle 2: Forgiveness is a key to \_\_\_\_\_ healing.**

1. Read Ephesians 4:32, Matthew 6: 12, Colossians 3: 13, Luke 6: 37.
2. Forgiveness is the only way to stop the person who hurt you from continuing to hurt you, because forgiveness is the \_\_\_\_\_ that you give to yourself!

Here is what forgiveness is not:

- Forgiveness does NOT mean you \_\_\_\_\_ the behavior of the person.
- Forgiveness does NOT mean you have to \_\_\_\_\_ the relationship.
- Forgiveness does NOT mean that you allow someone to continue in dysfunctional \_\_\_\_\_.
- Forgiveness does NOT mean that you live without \_\_\_\_\_.
- Forgiveness does NOT mean to \_\_\_\_\_.

2. Forgiveness means to \_\_\_\_\_. It is important to know that the person who hurt you can't heal you. Therefore, we must release them (write off as bad debt) what they did so God can heal you from the hurt you experienced for their offense.

# The Emotional Needs Audit

## How well are your innate emotional needs being met?

Nature has programmed all of us with physical and emotional needs. These are the 'human givens' that cannot be avoided. How stressed we are depends on how well our needs are being met, and how well we deal with the situation when they are not. Rate, in your judgement, how well the following emotional needs are being met in your life now, on a scale of one to seven (where 1 means not met at all, and 7 means being very well met), by ticking the appropriate boxes.

	NO	SOMETIMES					YES
1. Do you feel secure in all major areas of your life (such as your home, work, environment)?	1	2	3	4	5	6	7
2. Do you feel you receive enough attention?	1	2	3	4	5	6	7
3. Do you think you give other people enough attention?	1	2	3	4	5	6	7
4. Do you feel in control of your life most of the time?	1	2	3	4	5	6	7
5. Do you feel connected to some part of a wider community?	1	2	3	4	5	6	7
6. Can you obtain privacy when you need to?	1	2	3	4	5	6	7
7. Do you feel an emotional connection to others? For instance, do you have an intimate relationship in your life, one where you are totally physically and emotionally accepted for who you are by at least one person (this could be a close friend)?	1	2	3	4	5	6	7
8. Do you feel you have status that is acknowledged?	1	2	3	4	5	6	7
9. Are you achieving things and feeling competent in at least one major area of your life?	1	2	3	4	5	6	7
10. Are you being mentally and/or physically stretched in ways which give you a sense that life is meaningful?	1	2	3	4	5	6	7

- If your scores are mostly low, you are more likely to be suffering stress symptoms.
- If any need is scored 3 or less this is likely to be a major stressor for you.
- Even if only one need is marked very low it can be enough of a problem to seriously effect your mental and emotional stability.

Stress, anxiety, anger, depression and addiction are the result of our innate needs not being met, either due to environmental factors, harmful conditioning or a misuse of imagination (worrying). People do not have mental health problems when their innate needs are being met in balanced, healthy ways. By highlighting areas in your life where your essential needs aren't being met as well as they could be, you can use this questionnaire to help you think constructively about how your life could be improved.