

Assignment:

Listen to Every Negative Emotion

The following are common questions people have expressed about their healing walk:

- How can I truly make peace with myself and come to love myself?
- How can I hear the voice of God so He can lead me in my healing?
- How can I take down the wall inside me?
- This healing thing is so complicated. How can I possibly get it right?
- How can I keep from losing the healing I have already attained?
- How can I know that the Lord has healed a bitter root?
- How do I know when there is a deeper root behind what just happened that triggered me?
- How can I know when I should be done praying?
- How can I possibly "count it all joy when I encounter various trials?"

Listening to every negative emotion is a very powerful practice that can provide the answers to these questions and peace for the anxiety that results when emotions are stirred up.

Your negative emotions are a powerful tool that the Lord can use to direct your healing. He is in charge of your healing, truly wants you healed, and knows the path you need to follow to get healed. Therefore He puts you into situations that are divinely ordained to bring up the next issue He wants to work on. He will tell you about it by the negative feeling that comes up. It is like a dentist poking around in your mouth. When he touches a sore spot, you know it.

Therefore, your negative emotions are a powerful way that the Lord can lead you, all day every day. Therefore, you can "count it all joy," because the pain is going to lead to healing.

THE ASSIGNMENT

Pay Attention to your negative emotions as they come up.

Keep a pad of paper with you to write down every incident of a negative emotion, no matter how small. It can be a short note or a long journal. It is your choice.

A major purpose of keeping a written list is so that if at the end of the day your paper is blank, you will know you haven't been listening. We all judge (and therefore have a negative emotion) many times every day. It is very easy to fall back into the old pattern of not listening if we aren't careful.

Pray over each item on your list

Be diligent to set aside time to get quiet and comfortable where there is a minimum of distractions. Look at each item on the list. Close your eyes and remember the recent incident that triggered the negative emotion.

- Choose a feeling word to describe the feeling. Most negative emotions are signals that you have judged. If you need help naming the emotion, see the attached list of emotions.
- Forgive whomever/whatever you have judged.
- If your Treasure Inside is the one you have judged, ask him/her to forgive you.

Ask the Lord to forgive you for the judgment,

- To remove the bitter root
- To fill that place with His spirit.
- To cleanse that place with His blood

For some suggestions on forgiving, go to the end of this article.

After you pray

Review the incident and see if there is peace. If there is peace, you are done. If not, there is more praying to be done. The further praying may have to do with the current event, or there may be an older, deeper root to be prayed about.

- When you have peace, you are done. Peace means that the work the Lord wanted you to do right now is done. It does not necessarily mean that every bitter root with respect to that person or type of situation is gone. If there is more, in due season the Lord will bring it up.
- Once you have prayed and have peace, then just go on and enjoy the day.

Continue Paying Attention

If on any given day you have an almost blank piece of paper, this always means you haven't been listening. We all judge many times a day.

Making Friends With Yourself

If you have a history of judging yourself, once you begin to listen you may be astonished at how awful you are to yourself.

A key to healing is to make friends with your Treasure Inside. This friendship, built on a growing trust, comes about by listening every time your Treasure Inside sends up a negative feeling. It is a bit like a parent with a child. If the child cries, a good parent will ask the child what is wrong, with the idea of correcting whatever is the problem. When a parent does this consistently, the child grows to trust the parent, knowing the parent has their best interest at heart.

Positive Emotions

Also listen to your positive emotions, because they are also directional. They point you towards things that are good for you.

It is not selfish to listen to your positive emotions. Of course, no prayer is necessary, because they are not pointing out sin. Just enjoy them!

An Extra Bonus Of This Practice:

Listening to every negative emotion, recognizing I have judged, forgiving and being forgiven, is in fact the giving up the Lordship of my life, moment by moment, to the Lord Jesus. It causes me to become aware of my need for a savior many times a day. This is a very good thing, and draws me closer to Him.

Negative Emotions

Anger (When you feel anger, you need to go deeper. Look below the anger, and you will find another emotion that is being expressed as anger. It is important to find the underlying emotion, because it is a clue as to what went wrong when you judged; and therefore helps you to know how to pray).

Belittled	Exasperated	Grouchy	Not heard
Betrayed	Fear	Ignored	Powerless
Controlled	Fearful	Indignant	Small
Cross	Frustrated	Insecure	Threatened
Devalued	Furious	Mad	Unimportant

Other Negative Emotions

Abhorrence	Cranky	Fiendish	Indifferent
Agitated	Defeated	Foolish	Inferior
Aggravated;	Defensive	Forlorn	Inflexible
Alarmed	Defiled	Forgetful	Inhibited
Aloof	Depressed	Friendless	Insecure
Annoyed	Desolate	Fussy	Insignificant
Anxious	Desperate	Gloomy	Intimidated
Apathetic	Despondent	Gossipy	Intolerant
Apprehensive	Different	Grasping	Irritable
Ashamed	Dirty	Greedy	Isolated
Attacked	Disappointed	Grieved	Jealous
Aversion	Discontented	Grim	Lazy
Baffled	Disgusted	Half-hearted	Lethargic
Bewildered	Dislike	Hate	Listless
Bitter	Disdain	Helpless	Lonely
Blah	Domineering	Hesitant	Lustful
Boastful	Doomed	Homesick	Mangy
Bored	Dull	Hopeless	Martyred
Callous	Edgy	Hurt	Mean
Cautious	Egotistical	Impatient	Mediocre
Confused	Embarrassed	Inadequate	Melancholy
Conniving	Envious	Incapable	Merciless
Contempt	Exhausted	Incompetent	Meticulous

Miserly	Passive	Shy	Uncertain
Misjudged	Perplexed	Sick	Unconcerned
Misunderstood	Pooped	Skeptical	Uneasy
Morose	Pressured	Stubborn	Un-loveable
Mournful	Reluctant	Sulky	Upset
Muddled	Repulsed	Suspicious	Unglued
Mystified	Resentful	Tearful	Unstable
Naked	Resigned	Tempted	Unsure
Nauseated	Restless	Tense	Unwanted
Neglected	Restrained	Terrified	Uptight
Nervous	Ridiculous	Threatened	Vulnerable
Obstinate	Sad	Timid	Weary
Out of control	Sarcastic	Tired	Wilted
Out of place	Scheming	Traumatized	Worried
Overcome	Seductive	Troubled	Worthless
Overworked	Self-conscious	Two-faced	
Panicky	Shabby	Undone	
Paralyzed	Shaky	Uncaring	

Positive Emotions

Admired	Eager	Interested	Sentimental
Affirmed	Ecstasy	Irresistible	Serene
Alive	Efficient	Joyful	Serious
Ambitious	Elated	Kind	Soft
Amused	Empowered	Liked	Sophisticated
Appreciated	Encouraged	Longing	Sure
Approved	Energetic	Love	Sympathetic
Astonished	Enjoyment	Loveable	Talkative
Awed	Enthusiastic	Mellow	Tender
Belonging	Euphoric	Merciful	Tenacious
Blessed	Excited	Merry	Thankful
Bold	Expectant	Met	Thrilled
Brave	Exuberant	Open	Tranquil
Calm	Free	Optimistic	Transparent
Carefree	Friendly	Overjoyed	Triumphant
Cheerful	Generous	Patient	Unbiased
Comfortable	Gentle	Peaceful	Under-
Compassionate	Glad	Pleasure	standing
Confident	Gracious	Reasonable	Understood
Considerate	Grateful	Relaxed	Validated
Contented	Happy	Romantic	Valued
Cooperative	Helpful	Safe	Vibrant
Courageous	Hopeful	Satisfaction	Yearning
Creative	Hospitable	Secure	
Curious	Important	Self-assured	
Delighted	Impressed	Sensible	
Desire	Independent	Sensitive	
Determined	Inspired	Sensual	

Details of How to Forgive

If you are not yet convinced that forgiving is the only way to enter into the rest provided by Christ, then again read Chapters 2, 3, 4, and 5 in “I Will Give You Rest.”

The Power Behind Forgiveness

When we judge, we have responded to our God-wannabe (“flesh”). We have then invited darkness into a place in us. When we forgive, we are getting off the throne as the judge; and we are inviting Jesus into that place. Jesus then comes in, as He has promised. He has the ability to come in and overwhelm the work that the Devil had done in us, because Jesus is more powerful than the Devil (1 John 4:4). If He were not more powerful, then we would be wasting our breath.

Once you are convinced, that **forgiving** and **being forgiven** by Jesus is so important, then the next important question is, “**How do I do it?**”

Forgive From The Heart

The key is that forgiving must come from the heart. It must be real. Because of this, reciting a rote prayer can be a mistake. We may come to rely on the words said and not on the heart change required. This is a real temptation, because reciting words is much easier than truly letting go of the resentment.

At the same time, it is sometimes helpful in the beginning to have some guidance of what to say. Therefore I somewhat reluctantly am providing several sample prayers. From the variety of samples, you can see that there is no magical set of words to speak, although we do need to actually speak words to accomplish forgiveness (though if others are present, sometimes it would be most appropriate to say it under your breath).

One way to keep from getting into the rut of a rote prayer is to use a different sample prayer each time. That way you may not get hooked on the exact words, but will begin to grasp the principles involved. Know that the goal is for you to be weaned from all sample prayers, and to just speak to the Lord spontaneously.

The Basics

One way to keep focused on the principles and not specific words is to keep in mind what forgiveness is, and why we need it.

The basic truth behind forgiving is that when we judge, we have taken Jesus’ place on the throne as the judge. We are never authorized to judge anyone or anything, even if they are in fact guilty. This judging is sin; and to get free from the consequences of this sin, we need to forgive so that we will be forgiven. When we forgive, we are stepping down off the throne, and are inviting Jesus to take that place. We are asking Jesus to take out the bitter root we just planted in our “honeycomb” (Chapter 3), and to fill that place with His presence. In this way, since Jesus now resides there, we are actually changed into the image of Jesus in that place in us. If you are unclear about this, reread Chapters 4 and 5.

When **we forgive** and **are forgiven by God**, the spiritual work has been done. However, if in judging we have done something to damage our relationship with the one we judged, we also need to repair that breach by approaching that one, repenting and asking them to forgive us.

Who Do We Judge?

Those that we judge include:

- Other people
- Things (inanimate objects)
- God
- Ourselves

Forgiving Other People and Things

People are capable of sinning, so praying to forgive them makes sense to us. Even though “things” are not actually capable of sinning, I find it easy to recognize that I do frequently accuse them of doing so. Consequently it doesn’t seem particularly strange for me to forgive my computer for being too slow, or my car for not starting.

Sample Prayers for Forgiving Others and Things

Note that in each case I would speak directly to the other person/thing, using the second person “you,” as though he/she/it was present. This makes it more personal, and brings the event back to my mind. Generally I will not actually go to the one I judged and speak these words to them. The problem isn’t in them, it is inside me.

Alternate #1

A prayer regarding your Dad might go something like this:

“Father God, I come to You in the blessed name of Jesus.
I realize that I have judged my Dad, and I have inside me a root of bitterness.
I am sorry that I did this, and I don't want that awful thing in me anymore.
Dad, I forgive you for _____ (the offense).
Lord, I ask You to forgive me for this judgment of bitterness.
Forgive me for taking Your place as the judge.
I ask You to come into that place in me, remove that ugly root from me
and wash me clean with Your blood.
Cleanse me in every place where that bitterness existed.
I ask You to fill all those places with Your presence.
Lord, I ask that You would bless my Dad. Amen.”

Alternate #2

A prayer regarding Mom might go something like this:

“Mom, I forgive you for _____. You owe me nothing – no restitution, no apologies, no explanation, no reasons, no excuses. I release you totally. I accept Jesus, as the restitution for your sin against me.

Father, Your Word says, that If we confess our sins, we can trust you to be merciful and just and forgive us of all unrighteousness. I have now confessed my sin, and know that You have forgiven me. As far as the east is from the west, you have put my sin from me and You remember it no more."

Alternate #3

For example, a man cuts me off in traffic. I feel anger spring up in me. I honk my horn and utter some words. Then I would catch myself and say something like:

"Lord, I have just judged that man." I would name the feeling behind the anger, in this case perhaps "demeaned", or "belittled."

"Mister, I forgive you for pulling out in front of me, for treating me as being of less importance than you, for ignoring my safety.

Lord, forgive me for judging that man, for taking Your place on the throne as the judge.

I ask You to reach down inside me and remove that bitter root I just planted.

Wash that place clean with Your blood, and then please fill that place with Your Holy Spirit.

Lord, bless that man's day, and keep him safe.

I pray this in the name of Jesus. Amen."

Alternate #4

This is an example based upon the Elements Involved in Forgiving on Page 69 of “I Will Give You Rest.”

Example: I discover that my wife (Kay) has failed to do the laundry (we have agreed on who does which home chores, and this is one of hers), and I have no clean socks. I am angry at her, and say to myself: “There, she did it again!”

I have just planted a root of bitterness in myself, and I need the Lord to remove it.

Recognition: “I have just judged Kay for not having done the laundry.”

Confession: “I sinned when I judged her.”

Repentance: “I am unhappy that I did this, and want that bitter root taken out.”

Forgiveness: “Kay, I forgive you for not doing the laundry, and leaving me without any clean socks.”

Accept Forgiveness: “Lord, forgive me for judging Kay. Take out that bitter root I just planted. Cleanse that place with your blood.”

Ask the Lord to Fill me: “Lord, I invite you to come into that place where the bitter root had been; and fill it with your Spirit.”

Bless the other: “Lord, I ask that you would bless her in her busy schedule.”

Restoring the relationship (Restitution): In this example, my wife was not present when I discovered that I had no clean socks.

If she had been present, and if I had spoken those angry words to her or otherwise acted angrily towards her, I would then need to restore our relationship. I would confess my sin against her, tell her how sorry I am that I hurt her, and ask her to forgive me for judging her, and wounding her. I might then agree to do something for her, like doing the laundry next week as a way of showing her that I really was sorry.

This is not legalism or “penance,” because my agreeing to do the laundry is to restore my relationship with her, **not** as a way to wash away my sin. That had already been taken care of by the blood of Jesus.

Forgiving God

God is incapable of sinning. Intuitively we know this, so to say to God “I forgive You” somehow feels not genuine. At the same time, we have in fact sinned by judging Him; and to remove that sin, we need to forgive so we can be forgiven. We also need to restore the relationship.

Using different words that parallel the meaning of “forgive” should remove this awkwardness. For example:

“God, I wrongly judged You as (name the judgment) . My God wannabe (“flesh”) lied to me about You. I release You from the debt I charged against You. I know that You did not (name the judgment) . Lord, I ask that You release me from the debt that I owe for having taken Your place as the judge of You. I ask You to take out the bitter root, and wash me clean with Your blood. Please come into that place, filling that place in me with Your Holy Spirit.”

Lord, I am so sorry that I judged You. Please forgive me.”

Forgiving Yourself

Judging ourselves is very common, and very destructive to us. Forgiving ourselves is more complex than forgiving God, because our “flesh” (God-wannabe, Chapter 13) is capable of sinning; and yet our Treasure Inside (Chapters 9 and 12) is made in God’s image, and therefore does not sin. Whenever we judge ourselves, we always condemn both our God-wannabe and our Treasure Inside. Therefore, not only is this judging a sin, it is an affront to our Treasure Inside.

Here we bump into the same awkwardness as when we forgive God. To say to our Treasure Inside “I forgive you” somehow feels not genuine. Intuitively we know he or she did not sin.

As with forgiving God, using different words that parallel the meaning of “forgive” should remove this awkwardness. And of course, we want to restore our relationship with our Treasure Inside. For example, focus inside and speak to your Treasure Inside:

“ (your name) , I wrongly judged you as being (the judgment) . My God wannabe lied to me about you. I release you from the debt I charged against you. I know that you are not (the judgment) . I am so sorry that I judged you. Lord, I ask that You release me from the debt that I owe for having taken Your place as the judge of myself. I ask You to take out the bitter root, and wash me clean with Your blood. Please come into that place, filling it with Your Holy Spirit.”

 (your name) , please forgive me. I want to be your friend, not your judge.”