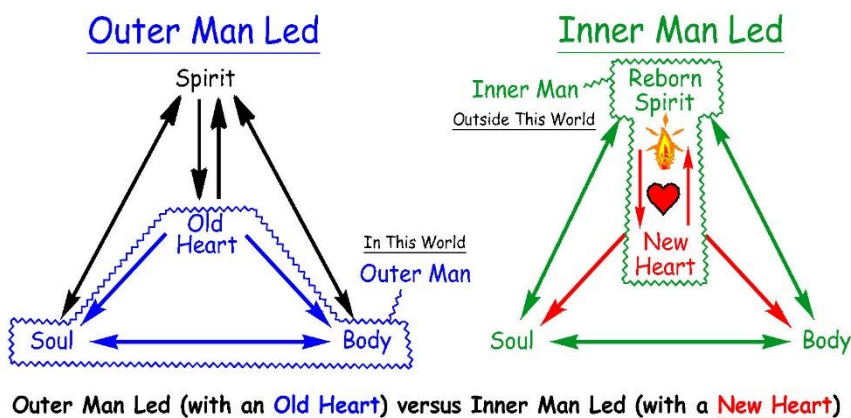


## Emotional Healing of Our Heart - GriefShare by Philip Martinson

Verses in the Bible describe the connection between our Heart and our Mouth. **Matthew 15:18 (LSB)** *But the things that proceed out of the mouth come from the heart.* Other verses describe having a troubled, broken, fearful, happy, joyful, peaceful, or loving heart. **John 14:1 (RSB)** *Let not your heart be troubled: you believe in Yahweh (God), believe also in me.* Without connecting to Christ, in a spiritual healthy way, it is common to have a troubled heart and lack the *Peace of Christ* – but *in Christ we are given a fresh and New Hope.* **John 16:32-33 (RSB)** *I am not alone, because the Father is with me. These things I have spoken to you, that in me you might have peace. In the world you shall have tribulation: but be of good cheer; I have overcome the world.* There are many interactive dialogue therapies (secular, Christian, and religious), with a goal of helping people identify and heal past emotional wounds. One of these Christian groups is **GriefShare**. It provides a safe place to discuss feelings of loss or emotional grief with friends and other believers. The Scriptures tell us we have a Heart-Mouth connection. **Romans 10:9 (NKJV)** *If you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.* As Christians repent, they are given a New Heart and a Reborn Human Spirit that can interact with the Living Spirit of Yahweh (the True God, or Elohim of Israel). **Ezekiel 36:26-28 (RSB)** *A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you a heart of flesh. And I will put My Spirit within you, and cause you to walk in My statutes, and you shall keep My judgments, and do them. And you shall dwell in the land that I gave to your fathers; and you shall be My people, and I will be your Elohim.* Understanding our Heart (the mind of our Spirit) and its interaction with our Mouth (from the overflow of our Heart), advances our Emotional Health.



**Romans 10:10 (NKJV)** *With the heart one believes unto righteousness, and with the mouth confession is made unto salvation.* The Spirit of the Living God (Yahweh) has promised to dwell within Believers to counsel and guide our lives. **John 14:16-17 (NKJV)** *I will pray the Father, and He will give you another Helper, that He may abide with you forever—the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you.* The Holy Spirit of Yahweh speaks directly to our Reborn Human Spirit. **Romans 8:16 (LSB)** *The Spirit Himself testifies with our spirit that we are children of God.* As we repent and turn to Christ, His blood cleanses and purifies us; allowing the Spirit of Yahweh to dwell in us and connect with our Reborn Human Spirit. **John 4:24 (LSB)** *God is spirit, and those who worship Him must worship in spirit and truth.*

When tragedies or evil circumstances enter our lives, they wound and scare our souls, hearts, and spirits. We can be traumatized as children or adults. Some of these **Heart wounds** and scars never leave us. **Psalms 147:3 (NKJV)** *He heals the brokenhearted and binds up their wounds.* These wounds can subconsciously impact and disrupt our lives for years. As

Believers, we can look to Christ for His peace, as He heals our wounded hearts. **John 14:27 (NKJV) Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.** We need the power and counsel of Christ to heal and repair these emotional wounds.

**2 Corinthians 12:9 (NKJV) He said to me, “My grace is sufficient for you, for My strength is made perfect in weakness.” Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.** Comfort and guidance flow from both the Spirit of Christ, and the Spirit of Yahweh, into our Reborn Human Spirit. **2 Corinthians 1:3-6 (LSB) Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God. For just as the sufferings of Christ abound to us, so also our comfort abounds through Christ. But whether we are afflicted, it is for your comfort and salvation; or whether we are comforted, it is for your comfort, which is working in your perseverance in the same sufferings which we also suffer.** We are also comforted in our relationships with other Believers. Christians are vessels and ambassadors for Christ in THIS fallen world. **2 Corinthians 5:20-21 (RSB) We are ambassadors for Messiah, as though Yahweh did beseech you by us: we pray you in Messiah's stead, be ye reconciled to Elohim. For He hath made Him to be sin for us, who knew no sin; that we might be made the righteousness of Yahweh in Him.**

### Reborn in Jesus Christ

*God's Redeeming Love - An Invitation to All People*



<p><b>1. Forgiven &amp; Redeemed by The Blood of Jesus Christ</b></p>	<p><b>2. Taught &amp; Led in The Power of God's Holy Spirit</b></p>
<p><b>3. Received by Your Self-will Experiencing God through your Private &amp; Personal Prayers.</b></p>	<p><b>Surrendering &amp; Desires.</b></p>

**John 10:27-30 (NET) My sheep listen to My voice, & I know them, & they follow Me. I give them eternal life, & they will never perish; no one will snatch them from My hand. My Father, who has given them to Me, is greater than all, no one can snatch them from My Father's hand. The Father & I are one.**

My wife Jackie passed away in May of 2024. She had been in poor health and her death was expected. She was 79, had lived a full life, and was ready to leave THIS world. In the time we were together, she was my soulmate and the best friend I ever had. I had a difficult past, and from the age of 12, I learned to survive by hiding or ignoring my emotions. Although I accepted Jackie was gone and experienced grief about her departure, I didn't understand all the sadness that began surfacing about my childhood. From the time I first turned to Christ, I experienced His kindness, acceptance, and comfort. Christ's divine love helped offset any of my past disappointments. I knew Christ put Jackie into my life as a divine gift. She came to my doorstep from the East Coast in a way that could not be explained logically. Two months after her death, I was flooded with intense sorrow and emotional sadness, that I didn't understand. The sadness was not about Jackie's death, but tied into the rejection, abuse, and disappointments rooted in my past. I believe by God's grace, Jackie's kindness helped to gently pierce the emotional wall I had built around my heart. This wall was a tool I created as a child, to help survive the trauma in my adolescent world. I shared the emotional turmoil I experienced with the leader of my Men's Bible Study. He suggested I consider attending a GriefShare

therapy group to address this sorrow. I was aware of my Mouth/Heart connection, but most people (including Christians) rely more on the world's methods of counseling, without recognizing the Bible's wisdom about the Heart to Mouth connection. ***Luke 6:45 (NKJV) For out of the abundance of the heart the mouth speaks.*** The Heart-Mouth connection is useful in GriefShare, AA, Teen Challenge, and even other non-therapy (verbal expression) meetings such as Toastmasters. These programs help us recognize and address our emotional wounds, rooted in a poor self-image, that contribute to low self-worth. Without a sense of personal value, our emotions can be unstable and easily affected by unhealthy behaviors and self-destructive choices – “*as we look for acceptance and purpose in all the wrong places.*” ***Proverbs 4:23 (ESV) Keep your heart with all vigilance, for from it flow the springs of life.***

Before becoming a Believer, I attended a ***human potential*** workshop called Life Spring. It focused on removing emotional roadblocks from unresolved life wounds. This was not a Christian organization. However many Believers attended out of a desire to understand their life disappointments, frustrations, and emotional hinderances. They came to the Life Spring seminar for answers or solutions their churches could not or were unable to provide. Life Spring was a for-profit corporation. It was staffed with untrained volunteers – some healthy, some unhealthy, and others very dangerous. These human potential workshops helped some but also destroyed many lives by inspiring people to take unwise risks (drowning, falling off bridges, etc.). Most of these “*human potential*” therapy businesses went bankrupt from wrongful death lawsuits that resulted from the tenuous counseling advice and destructive behaviors that followed. Before attending Life Spring, I wanted to end my life. My self-destructive behavior was a wakeup call. It was obvious I had a problem. I met with counselors and psychiatrists but never found any solutions. Visiting counselors reminded me of a line in the movie ***As Good As it Gets***: “*I’m drowning here and you’re describing the water.*” This quotation was made by a character played by Jack Nicholson, who was frustrated with counseling advice that danced around and never addressed the issues. At the time (in 1978), some friends suggested I attend Life Spring as a non-conventional therapy alternative. During the session, I did exercises intended to change my ***Outer-Man*** self-image. I blew up my old self “*garbage image*,” and came out dressed as Pat Boone, while singing, “*A White Sport Coat and a Pink Carnation.*” The idea was to change my self-image on the outside, expecting my modified ***Outer-Man*** behavior would reprogram my ***Inner-Man***. At this time, I was searching for answers and also heard the Gospel of Christ. I studied the Bible, repented, and became a Believer. From what I saw and experienced as a new Believer, I came to understand ***people do not change*** – however, ***they can be transformed*** by the power of Christ. We can also be affected by other emotional traumas that drive us to another path. For me, Christ entered my life and made me a new person by His power. ***2 Corinthians 5:17 (NKJV) If anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.***

We are warned about following human traditions. Yet some may find it simpler and convenient to rely on church paradigms and traditions. ***Mark 7:6-8, 13 (ESV) This people honors Me with their lips, but their heart is far from Me; in vain do they worship Me, teaching as doctrines the commandments of men. You leave the commandment of God and hold to the tradition of men... making void the word of God by your tradition that you have handed down.*** The Bible is very clear. We are taught ***God’s Word of Truth***, by ***God’s Spirit of Truth***. ***1 John 2:26-27 (ESV) I write these things to you about those who are trying to deceive you. But the anointing that you received from Him abides in you, and you have no need that anyone***



should teach you. **But as His anointing teaches you about everything, and is true, and is no lie—just as it has taught you, abide in Him.** We are NOT transformed by human effort, worldly wisdom, or religious doctrines. It is the power of Yahweh’s Spirit that enlightens, teaches, and draws us into His Kingdom. It is too easy to accept religious (**Outer-Man Knowledge**) and ignore the life tools revealed in the Bible. God’s Word of Truth (the Bible) has the power to renew and heal our minds. Believers learn to depend on the power of Jesus Christ (Yahshua Messiah) and power from the Spirit of Yahweh to guide and direct their lives. We are warned to remain faithful to Christ as we interact with others. We can have Bible head knowledge, but the

“Understanding from our Reborn Spirit” makes the Scriptures come alive.

Believers do not always read or know the Bible. But we need to be grounded in the teachings of the Bible to renew our minds. It is in conversations (Heart-Mouth connection) with others that we grow socially and begin to recognize our internal scars and wounds. Most people have wounded hearts and emotional scars buried in their human spirit (**Inner-Man feelings**). It is in Jesus Christ (Yahshua Messiah) that we are given a New Heart and a Reborn Spirit. We are transferred from the Kingdoms of THIS world, into the Kingdom of Yahweh. God’s Kingdom is unseen now; but will soon become visible when Christ

returns. As we repent and turn to Christ, we are translated into the unseen New Kingdom ruled by Christ; and experience the healing power we have in Christ. **Colossians 1:13 (RSB) Who hath delivered us from the power of darkness, and hath translated us into the kingdom of His dear Son.** Believers receive the light of Christ and the power of Yahweh’s Spirit to heal their emotional wounds. **Isaiah 58:8 (LSB) Then your light will break out like the dawn, and your recovery will speedily spring forth; and your righteousness will go before you; The glory of Yahweh will be your rear guard.**

I recommend attending a local GriefShare program. It is available in many locations and can be found on the GriefShare website ([www.GreifShare.org](http://www.GreifShare.org)). The GriefShare programs has helped many work through emotional wounds, childhood trauma, life circumstances, and tragedies.

