



Praying Parents Prayer Group Christian Ministry

3pG Prayers and Fasting – ALIVE AND WELL

Tuesday 2nd July 2019 - Day 2

EMOTIONAL HEALING IS VITAL TO GOOD HEALTH

Breaking of Bread: James 3:11-18

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth" (3 John 1:2).

Sound emotional health is vital for sound healthy body. A wounded spirit is a calamity and a hindrance to a healthy body. Healing cannot and will not be perfected until all emotional pains are dealt with. Unhealed emotional hurt is the baking house of depression, hate, sorrow and worry. Where there is no emotional hurt, faith and hope will be strong enough to fellowship with God and to receive from Him. A wise man once said **"A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken"** (Proverbs 15:13) and a broken spirit (hurt feelings) is a recipe for sin and sicknesses.

A. THANK GOD FOR HIS ETERNAL PLAN TO KEEP YOU ALIVE AND WELL

God must be praise and worship for his plans towards us who believe are of peace and sound mind. Peace within our body is of ultimate importance to the Lord, to us and to our families. We can't adequately protect our children, our

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families and even our own lives in the place of prayers when our body system is lacking in peace.

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth" (3 John 1:2).

Theme Song:

I believe, yes Lord I believe,

Yes Lord, I believe

It is well with me.

Sing praises to God and worship Him with songs of praise for what he's had done, for what He's doing and what He's about to do this season.

EMOTIONAL HEALING IS VITAL TO GOOD HEALTH: PATHS TO EMOTIONAL HEALING AND RESTORATION OF HEALTH

The wellness of your health has a lot to do with your emotional state. A negative or hurtful feeling is like a little dose of poison that's pour into a large stream of water, it might not bring instant death, but if consistently added in sufficient and regular amount over a long period of time, it will surely weaken the body system and eventually lead to some bigger troubles in the lives of those whose bodies are fed with it. **What are the way out of emotional hurt and hate?**

1. Confess your faults. This is the first step towards healing, you must recognize, accept and confess the fact that harboring hurtful feelings is destructive to your body which is the temple of God and therein sinned against God and yourself.

1 John 1:8-9 If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

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1Corinthians 3:17 If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.

a. Father, I confess my hurts and sorrows to you, Father, forgive my ignorance and failures where I have held on for too long instead of handing over to You in Jesus Name. Amen

b. Father, please release me, heal my spirit of all emotional pains and hurtful feelings that are weighing down my heart in Jesus Name. Amen

c. Father watch me clean with the Blood of Jesus Christ, from all hates and emotional hurts in Jesus Name. Amen

2. Forgive and Forget the Past: The cycle of forgiveness is not complete if you don't forgive yourself and others and learn to put the past behind you. As difficult as this may be, it is the best medicine for healing and restoration of sound health.

Matthew 6:14-15 "For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses."

a. Father, I receive power to forgive myself and forgive others who might have offended me in Jesus Name.

b. Father I put behind me all past feelings of hurts from lovers, friends, neighbors or family members in Jesus Name. I will not allow the past to disturb my health, my present and my future in Jesus Christ Mighty Name. Amen

c. I refuse all forms of bondage holding me up to past relationships failure and disappointments of the pasts, in order to torment my health. I receive Grace to drop all as the feet of the Master in Jesus Name. Amen

3. Find happiness in little things of life: There is no one alive without past disappointments, especially from people very close to us, our ability to count

the blessings God has given us after those disappointments and rejoice in them makes us true and mature children of God. Never expect your happiness to come from anybody, learn to find happiness and joy in little things of life.

Proverbs 15:13 A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken.

Proverbs 17:22 A merry heart doeth good like a medicine: but a broken spirit drieth the bones.

Philippians 3:1 Finally, my brethren, rejoice in the Lord. To write the same things to you, to me indeed is not grievous, but for you it is safe.

Philippians 4:4 Rejoice in the Lord always: and again I say, Rejoice.

1 Thessalonians 5:16 Rejoice evermore.

a. I will not live my life in sorrow, hates and hurts, I receive Grace to sing and to rejoice always in Jesus Name.

b. Henceforth, my happiness will not be based on what people do or did not do to me. My rejoicing is in Christ Jesus and in His ability to help me in Jesus Name.

c. Henceforth I refuse sorrowful appearance, I'm not an object of pity, and I will rather choose to rejoice and sings spiritual songs in Jesus Name. Amen

4. Be a friend of the Holy Spirit: The Spirit of Grace and the evil spirit of resentment and hurt cannot occupy the same body (heart). To accommodate hurtful feeling for too long is to accommodate the spirits of devils. There cannot be hate, no matter the offence in a life filled with the Spirit of Christ.

James 3:11-12 Doth a fountain send forth at the same place sweet water and bitter? Can the fig tree, my brethren, bear olive berries? either a vine, figs? so can no fountain both yield salt water and fresh.

a. I have the Spirit of Christ, I refuse confusion in the spirit, my fountain will not send forth at the same place sweet and bitter water in Jesus Name. Amen

b. Father make me an example of happiness and joy to my children, let them by me understand Christian maturity, righteousness, joy and peace in the Holy Ghost in Jesus Christ Mighty Name. Amen

c. Father, teach me to wait on You in the study of the Word, be my Friend, teach me more of You through the pages of Your Word, let my comfort and rest be in You and not in my lover, children or any other thing or person in Jesus Name. Amen

5. Ask for Help and Fellowship: Nobody have the monopoly of spiritual wisdom, it is always wise to seek for counselling from mature Christians when in long emotional pains or hurts. We sometimes need the help and fellowship of others to overcome our pains. Silence is never the answer, talking to a mature person brings relief. It takes humility to ask for help.

Ecclesiastes 4:9-10 Two are better than one; because they have a good reward for their labour. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up.

James 5:14-16 Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

a. I rebuke the evil spirit of pride and self, asking me to be quite and continue to suffer in silence in Jesus Name. I will ask for help where and when needed in Jesus Name.

b. Father, whenever you want me to ask for help, please guide my way and lead my footsteps to the right person in Jesus Name. Amen

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c. Father please raise dependable counsellors for Your people, especially for us in 3pG in Jesus Name. Amen

6. Put Hates Far Away From You, Never Lose Hope, And Take Control Of Your Own Life And Destiny: The way and manner you manage your own emotion will reflect in your health. Hate, unforgiveness, malice kills slowly the vessels they occupy, take control of your own life, if you yield yourself to hate, you become a servant of hate. The hurt will stay in your heart for as long as you allow it. Take your life back. God understand your hurts, hand them over to Him.

Rom 6:16 Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?

1Jn 2:11 But he that hateth his brother is in darkness, and walketh in darkness, and knoweth not whither he goeth, because that darkness hath blinded his eyes.

1Jn 3:15 Whosoever hateth his brother is a murderer: and ye know that no murderer hath eternal life abiding in him.

Proverbs 25:28 He that hath no rule over his own spirit is like a city that is broken down, and without walls.

a. The spirit of a man is subject to him, I will have rule over my own spirit and emotions in Jesus Name.

b. I'm not a servant of hate, my heart have no place for hate. I will not dwell or walk in the darkness of hates in Jesus Name.

c. I have eternal life abiding in me, I'm not a murderer, I'm not a hater and no one is permitted to hate me or my children in Jesus Name.

d. Hate and hurtful emotional feelings will not rob me of sound and good health in Jesus Name. I'm healed in Jesus Christ Name. Amen

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7. Prayer and not Worry: Prayer heal, worry is a silent killer. No one has ever profited from worrying. To escape emotional wreck, every cause and thought for worry should be turn to words of prayer anywhere and anytime.

Philippians 4:6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

Proverbs 16:32 He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.

a. I receive the ability to worry less and pray more in Jesus Name.

b. I receive the ability to hand over to God whatever I cannot help in Jesus Mighty Name. Amen

c. My health is divine, I will live by faith, worry and anxiety will not destroy my health nor the health of my family in Jesus Name.

8. Add your personal and family prayer requests.

9. Cover all prayers and their answers with the Blood of Jesus Christ and seal all with Amen.

PRAYER REQUEST

1. One of our members introduced a woman to us, whose baby daughter has Tetralogy (hole in the heart). I have been in contact with the woman as well. They are in dare need of help and prayers, please pray God to step in into this case, heal the child and perfect her health in Jesus Name. Amen.

Declaration: I confess the only impossible situation is a situation not reported to God in prayer. I therefore declare by faith that HEALING IS POSSIBLE. SOUND HEALTH IS MY COVENANT RIGHT IN JESUS CHRIST MIGHTY NAME. AMEN AND AMEN!

Happy Covenant of Words - Isaiah 59:21

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