



JOYCE MEYER
MINISTRIES®

Beauty for Ashes

RECEIVING EMOTIONAL HEALING



Teaching Notes by Joyce Meyer

Joyce Meyer Ministries
Plot No. 512 / B, Road No. 30
Jubilee Hills, Hyderabad - 500 033
Telangana
INDIA
91-40-2300 6777
www.jmmindia.org
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BEAUTY FOR ASHES

Emotional Healing

Foundation Scriptures: Isaiah 61:1-4

I. Beauty For Ashes

- A. The Holy Spirit is here to preach good news to people who have been hurt.
- B. To bind up your wounds and heal your hurts and broken hearts.
- C. To **declare** liberty to captives.
 - 1. Physical (mental, **emotional**, and the will)
 - 2. Spiritual
- D. To open the prison and the eyes of those who are bound.
 - 1. Remember: **You** must walk out.
- E. To proclaim the acceptable year of the Lord.
 - 1. Matthew 11:2-6 – Jesus is the only answer.
 - 2. Luke 4:18-19 – Jesus was sent to heal and **send forth as delivered**:
 - a. Oppressed
 - b. Downtrodden
 - c. Bruised

- d. Crushed
 - e. Those broken down by **calamity**
- F. Jesus will grant (give) consolation and joy to those who mourn.
- 1. Consolation – To comfort or strengthen in a time of grief.

Consolation may be brought through God doing something special for you.
- G. He gives “**beauty for ashes.**”
- H. Praise for depression and heaviness
- I. He makes us “trees of righteousness.”
- 1. Lofty
 - 2. Strong
 - 3. Magnificent
- J. He will use you to rebuild other ruined lives.
- 1. The devastations of many generations

II. The Importance Of Facing TRUTH

Foundation Scriptures: **Isaiah 42:1-3** – Jesus has come to reveal **truth**.

Isaiah 42:7 – To open the eyes of the blind
(Get people to face **truth**.)

John 8:31-32 – The **Truth** will set you free.

- A. Hidden wounds, hurts, sins, etc. can be like rotten food hidden in a refrigerator – you smell the stink but don’t know where it is coming from.

- B. Are you hiding because facing the truth is too painful?
- C. Each area of liberty will require facing or seeing “a truth” that doesn’t always (but may) bring pain.
 - 1. **Are you in denial?**
- D. When you hide behind a doorway of pain (wounded emotions), you have to come back through that same doorway to freedom.
- E. **My dream** – I hid behind a door (locked door) to get away from the people hurting me; but awoke thinking, “I’ll never know when I can come out because they might still be there.”
- F. You can separate parts of yourself from yourself.
 - 1. I separated the child in me because being a child was too painful.

III. The Importance Of Resisting “Self-Pity”

- A. Do you want to be pitiful or powerful?
- B. A **reason** to feel sorry for yourself doesn’t equal the **right to**.
- C. **II Corinthians 5:17** – We are new creatures in Christ.
- D. **Philippians 3:13** – One thing I do, forgetting what lies behind and pressing on to what lies ahead.
- E. **Isaiah 43:18-19** – *Do not [earnestly] remember the former things; neither consider the things of old. Behold, I am doing a new thing! **Now** it springs forth; do you not perceive and know it and will you not give heed to it? **I will even make a way in the wilderness and rivers in the desert.***

NOTE: You can’t hide from the past; you must face it – but you can’t “camp” there. You **must** take Jesus’ hand and let Him lead you to “**the new thing.**”

Repressed Anger

I. Emotions – What Are They?

- A. Emotions (defined/Webster's) – The part of the consciousness that involves “**feeling.**” (To move out.) A response involving physiological changes as a preparation to action.
- B. Many different emotions:
- | | |
|--------------|----------------|
| Love | Embarrassment |
| Fear | Excitement |
| Hate | Discouragement |
| Anger | Disappointment |
| Lust | |

II. Anger – What To Do About It!

- A. A hurt person wants to place blame.
1. **Ephesians 6:12** – We war not with flesh and blood, but with principalities and powers.
- B. Seeking compensation for hurts and injustices done
1. A woman whose father didn't show love may seek that from her husband.
 - a. **In balance**, this is part of the answer.
 - b. **Out of balance**, it can be disastrous.
 2. A girl who received unfair discipline or is physically abused may not be able to allow her husband to discipline their children.
 3. A man who grows up in an angry, turbulent atmosphere may insist on having serenity among his own children.

Potential problem – He insists so much on a “calm atmosphere” in the home that his children are not allowed to express normal emotions.

4. **ANGER IS NORMAL – REPRESSED ANGER IS DANGEROUS.**

Ephesians 4:26-27 – When you’re angry, do not sin. Don’t let the sun set on your anger. Do not open a door or give the devil a foothold of this kind.

5. “Chip on the shoulder” syndrome

a. “I was hurt, and I’m angry about it; so now everyone owes me ‘preferential treatment’ because someone has to make up for what happened to me.”

b. “**Attitudes**” that can be produced:

Demanding

Aloof

Overbearing

Negative

C. Can negative emotions be controlled?

1. We cannot fully control their presence.

2. We can control how we express them.

3. Example: An abused girl now feels uncomfortable around men she doesn’t know really well.

Is she in bondage? Not unless she allows the emotion to control her!

4. The presence of a feeling doesn’t mean you aren’t free.

D. The root of bitterness

Hebrews 12:15 – *Exercise foresight and be on the watch to look [after one another], to see that no one falls back from and fails to secure God’s grace (His unmerited favor and spiritual blessing), in order that no root of resentment (rancor, bitterness, or hatred) shoots forth and causes trouble and bitter torment, and the many become contaminated and defiled by it...*

1. Bitterness (defined) – Profound **grief** accompanied by **suppressed hostility** toward seemingly unbearable circumstances.

2. A **bitter root** produces bitter fruit.

(See Inserts A & B at end of teaching notes.)

3. Be rooted and grounded in Christ and in His love.

a. **Ephesians 3:17-19**

b. **Colossians 2:7**

E. Anger causes rebellion or resistance to authority.

1. Outwardly compliant/Inwardly defiant

2. I was bitter about my hurts so I rebelled against authority.

F. Unresolved or repressed anger

1. Anger’s basic function: to rally the individual to take a stand for his basic needs and innermost feelings of worth.

ANGER IS NOT WRONG UNLESS IT IS UNCONTROLLED OR REPRESSED.

2. **Ephesians 4:26** – Be angry and sin not.

James 1:19 – Be slow to anger.

3. Should anger ever be expressed?

- a. Yes! but use restraint and discernment.
 - b. Example: Sometimes a child or an employee, etc. needs mercy – sometimes a display of anger.
4. Confrontation
- a. Saying “No” when necessary
 - b. Confronting wrongs
 - c. Requesting legitimate needs to be met
5. Anger should not be expressed through:
- a. **Open aggression**
Shouting
Griping
Criticism
 - b. **Passive aggression**
Silent treatment
Sulking
Laziness
6. If anger is not expressed properly, **it will be** expressed improperly. Examples:
- a. Depression
 - b. Rebellion
 - c. Chip on shoulder
 - d. Self-pity

7. If a person with repressed anger or internalized rage gets power and has the right personality type, they can become violent, vindictive, or even criminal.
- G. What to do if you have a valid reason to be angry but no way to remove the source of the anger:
1. Learn to be **QUICK** to forgive. This will help **you** more than anyone.
 2. Place blame where it really belongs.
 3. Get angry at the devil the same way Jesus did – by doing the work of the Kingdom.

Shame

I. Healthy Shame

- A. **Genesis 2:25** – Adam and Eve in the Garden with no sin were naked and not ashamed.
 - 1. Naked is parallel to open, honest, and free, etc. They were playing no games and wearing no masks.
- B. After sinning, a person should feel ashamed.
 - 1. A healthy emotion
 - 2. Declares you are a human with limitations
 - 3. Get forgiveness – press on.

II. TOXIC (Poisonous) Shame

- A. A person becomes ashamed of himself/herself rather than the thing that has happened.
- B. They internalize shame, and shame becomes the “core of their being.”

III. Problems Caused from TOXIC Shame

- A. Shame (defined/Hebrew) – Confounded, confused, dry, disappointed, or stopped.
- B. **Psalm 70:2** – Let them be ashamed who seek to hurt me.

Confounded, confused, stopped
- C. Confounded (Webster’s) – Ashamed, confused, defeated, or overthrown.

D. **Psalm 25:20** – Put your trust in God. He can keep you from shame.

1. **DAMN** – Inflict loss upon, pronounce adverse judgment; bring about failure or ruin – DOOM; DOOMED TO PUNISHMENT.

E. Shame is the source of many complex inner problems:

1. Depression
2. Alienation
3. Self-doubt (no confidence)
4. Isolating loneliness
5. **Compulsive disorders**

Examples: Drugs, alcohol, bulimia, anorexia, obesity, money addictions, uncontrolled gossip, gambling, sexual perversions, work, etc.

6. Perfectionism
7. Deep sense of inferiority – there is something wrong with me; I'm flawed.
8. Failure syndrome
9. Timidity; fears of all types
10. **Neurotics** assume too much responsibility. In conflict, neurotics automatically assume they are at fault.

F. Toxic shame causes self-hatred.

1. The person becomes an object of his/her own contempt.
2. **Shame is shaming** and is much harder to face than guilt.

IV. Causes for TOXIC Shame

A. Abuse of any kind

1. **Verbal** – People **must hear** loving words of acceptance to develop properly.

- a. Verbal abuse can be overt or covert.

Overt – Aggressive, angry words that tell you that you are flawed

Covert – Loving words withheld

2. **Physical abuse**

- a. Beatings

- b. Unfair discipline

- c. Locked in closets, dark rooms

- d. Food withheld

- f. People who have been physically abused often become abusers. Why? Unforgiveness

- 1) **John 20:23** (KJV) – *Whose soever sins ye remit, they are remitted unto them; and whose soever sins ye retain, they are **retained**.*

- 2) When children are hurt, they seek to escape from the pain. They cease identifying with (or pretending to be) the parent with the power and strength. As an adult in a situation that triggers the “old scene,” they take on “the role of the abuser.”

3. **Sexual abuse** – Considered to be the most degrading and offensive.

- a. Offenders are sex addicts normally acting out their own sexual or physical abuse.
- b. Consists of molestation, rape, incest, exhibitionism, voyeurism, obscene phone calls, etc.
- 4. **Emotional abuse** – Withholding of love, attention, loving touch, words of acceptance; love based on performance, etc.
- 5. **Abandonment** – Parent leaves physically or mentally.

NOTE: **A child believes everything that goes wrong is his/her fault.**

- 6. Identification with shame-based models
 - a. Mirroring and imaging identification – a child becomes like what he/she sees and hears.
 - 1) If the parent complains, gossips, curses, makes fun of people, is full of self-pity, or is shame based, etc . . .
 - 2) The child will become like the parent unless he/she draws the bloodline of Jesus across his/her life to stop the curse.

V. Mood Altering

- A. Shame-based individuals do certain things to **transfer** their shame to someone else and thereby alter their mood or remove the pain of their shame.
 - 1. Acting shameless on the surface:
 - Self-righteous
 - Religious addiction
 - Perfectionism

2. Striving for power and control
3. Rage, arrogance, criticism, blame, judgment, or contempt for others
4. Caretaking and helping, people pleasing, and being nice
5. Addictive behaviors: drugs, alcohol, food, sex, money, power, etc.!

VI. How To Receive Emotional Healing

- A. Through facing truth – even though it is often very painful.
- B. Gaining understanding through the sources God leads you to: books, tapes, groups, seminars, meetings, individuals, etc.
 1. The number one Source of understanding is “the Word of God” and “the Spirit of God.” The Holy Spirit is “the Teacher,” “the Comforter,” “the Helper,” and “the Strengthener” (**John 16:7**).
- C. Change your “self-talk.”
- D. **Romans 12:2** – The renewing of your mind
- E. Realize healing is a process, and it **will not** happen all at once or immediately.
 1. Unless God puts “the working of miracles” into operation
 2. Normal procedure

II Corinthians 3:18 – We are changed as we continue to behold Him in “The Word” and going from one degree of glory to another.

VII. Delivered From Shame

- A. **Isaiah 61:7** – *Instead of your [former] shame you shall have a twofold recompense; instead of dishonor and reproach [your people] shall rejoice in their portion. Therefore in their land they shall possess double [what they had forfeited]; everlasting joy shall be theirs.*
- B. **Isaiah 54:4** – *Fear not, for you shall not be ashamed; neither be confounded and depressed, for you shall not be put to shame. For you shall forget the shame of your youth, and you shall not [seriously] remember the reproach of your widowhood any more.*

Addictive Behavior

I. Self-Control

- A. **Galatians 5:22** – Self-control is one of the fruits the Holy Spirit will produce in the believer’s life if He is allowed to **fill** the believer through and through.
- B. God wants us free from outside control and led by the inner control of His Spirit.
 - 1. **I Corinthians 9:19** – . . . *I am free **in every way** from anyone’s control . . .*
 - 2. **I Corinthians 6:12** – . . . *I will not become the slave of anything or be brought under its power.*
 - 3. **I Thessalonians 4:1-4** – Each one should know how to manage his own body.
- C. The Bible teaches us to control our thoughts, mouth, actions, etc.

II. Types Of Addictive Behavior

More people are “out-of-control” than “in-control.”

- A. **Alcohol, drugs**
- B. **Food** – Obesity: sixty percent of women and fifty percent of men are overweight.
 - 1. Experts say fifteen pounds of excess weight qualifies a person as obese.
 - 2. **Excuses:** Glandular, hereditary, aging, childbearing, lifestyle, necessary social eating, big bones, etc.

3. Some are genetic, but more are emotional.
 - a. Example: This scene was observed in an airport.

 Mom and Dad waiting for a plane were arguing; an eighteen-month-old baby was lying on bench between them. Each time the child whined or cried, a bottle was stuck in its mouth. A woman sat down behind them and startled the baby. It began to cry. The mother rooted in the diaper bag pulling out another bottle. Both of the parents were already twenty pounds overweight.
 - b. What is the 18-month-old child already learning?
 - 1) Mom and Dad are overweight; it must be OK.
 - 2) Learning to repress emotional expression – stuff his/her feelings and mood; alter them **with food**.
4. Shame-based people feel lonely and empty, so they eat to be full and filled (fulfilled).
5. **Diets** – Are they the answer?
 - a. Approximately 95 percent of all people who lose weight on a diet gain it back within five years.
 - b. The answer is: Get to the root problem and receive healing from Jesus.

C. Fat/thin disorders

1. **Anorexia nervosa** – self-starvation
 - a. Very dominant in affluent families – in girls, ages 13-25
 - b. Almost epidemic in some affluent private schools today
 - c. Many affluent families are perfectionist types – overly concerned with self-image.

- d. Fathers of these children are often tyrannical, controlling, and rigid.
 - e. The parent's marriage may be a pseudo-intimate marriage with great pretense at looking good.
- 2. **Bulimia** – Binge/purge
 - 3. Anorexia and bulimia include behaviors such as: starving, excessive amounts of fasting, diuretics, laxatives, exercise, binging, and forced vomiting.
- D. Feeling addictions
- 1. **Rage, sadness, fear, excitement, religious righteousness**
 - 2. **Joy addicts** wear a continual frozen smile – they are never angry, laugh at inappropriate times, and only speak of happy things.
 - 3. Addiction to shame and guilt
- E. Thought addictions
- 1. Detailing – Worrying – Nonstop talking
 - 2. Example: A girl was imprisoned (at gunpoint) by her father who was a sheriff until she was 32. She was abused sexually, physically, and verbally – she almost never stopped talking because as long as she was talking, she didn't feel the pain.
 - 3. Lustful thoughts
 - 4. Manifestation of a person who is fear based and insecure: Mind is never at rest; always figuring out what to do, what to say, or how to do it, etc.
- Answer: **MUST LEARN TO TRUST GOD.**
- F. Activity addictions

1. Working, sports, buying, hoarding, reading, gambling, exercising, watching TV, or owning and caring for excessive numbers of pets
2. Moods are altered and pain is forgotten. These are places to hide from reality.

G. Will addictions

1. I want what I want when I want it – people who are self-centered must have their own way.
2. A will addict loses the cooperation between the intellect and the will. He can no longer submit the things he wants to logic or reason. **He must have his own way.**
3. As long as they are getting their way, they are in control and no one can hurt them.
4. The opposite extreme is seen in people who totally give their will over to others (including the devil) and become “passive.” They are so shame based they feel they should never have anything they want.

H. Re-enactment addicts

1. Many abused people either re-enact their own abuse on their children OR they repeatedly put themselves in situations as adults that produce the same type of thing that happened to them as a child.
2. A similar scene gives “flashbacks.” They take on the role of the abuser so as not to feel the pain of the memories of being abused.
3. If they were in an abusive situation where they were not allowed to “tell” or even react or show displeasure, sometimes re-enactment is a way of “showing” what they could never tell.
4. Example: A woman’s father sexually abused her from the ages of five–ten; he showered her with gifts.

As an adult, she was extremely seductive and wore clothes that would attract men to her sexually. She went through marriages and affairs where men would use her physically while she would receive expensive gifts like her father gave her. Eventually, they would abandon her.

5. **Why did she keep repeating her childhood pain?**

She could not get angry with her father or tell anyone what he was doing. But in each of her affairs that ended, she would loudly tell how they used her and mistreated her and would become violently angry about the situation. She re-enacted her abuse in order to show the anger she had to repress as a child.

III. The Solution

A. “The only way out is through.”

1. **Isaiah 43:1-2** – Don’t fear, you are Mine. When you go through the fire, I will be with you.
2. **Hebrews 6:11** – Be diligent and sincere (all the way through), so you can realize and enjoy fullness with the Lord.

B. “Pass it back or pass it on”

1. Learn where to place blame.
2. **Ephesians 6:12** – Give it back (the problem and its results) to the devil where it came from.

C. **James 5:16** – Confess your faults one to another that you may be healed.

1. **II Corinthians 3:18** – Come with unveiled face (without excuse, desiring to see truth).

- D. There are no “quick fix” methods to eliminate the problems of addictive behavior.
 - E. But there is an answer.
1. Jesus said in **John 14:6**, **“I am the Way.”**

The Trickle-Down Theory of Conditional Love

Jesus loves me, but . . . He loves me conditionally.

THEREFORE: His love is based on my performance.

THEREFORE: I have to earn His love by pleasing Him.

THEREFORE: When I please Him, I feel loved.
When I don't please Him, I feel rejected.

THEREFORE: If God, who is "all-loving," does not always love, accept, and value me,
how can I be expected to believe that I am valuable and loveable?

THEREFORE: I don't believe that I am basically a loveable, valuable person

THEREFORE, I am not able to trust other people who say they love me.
I suspect their motives or figure that they just don't know the "real" me yet.

THEREFORE, I can't accept love from other people.
I deflect it. I try to prove that I am right – that I am **NOT** loveable,
and that they will eventually reject me.

THEREFORE, they usually do.

THEREFORE, I use the world's standards (money, status, clothes, etc.) to prove
to myself and others that I am **VALUABLE**.
I need strokes and feedback from other people to prove to myself
and to others that I am **LOVEABLE**.

THEREFORE, I need a "fresh fix" of strokes every day
just to get through the day feeling good about myself.

THEREFORE, I look to others to give me something that
only God can give me – a sense of my own **SELF-WORTH**.

THEREFORE, I place impossible demands on people who love me.
I frustrate them. I am never satisfied with what they are giving me.
I don't allow them to be honest with me or confront me.
I'm focused on me, and I expect them to be focused on me too.

THEREFORE, since I don't love who I **AM**,
I don't expect that others will love me either.
Why would anyone want some-thing that has no real value?

THEREFORE, I try to earn their love by what I **DO**. I don't give out of a desire to love,
but to **BE LOVED**. Most of what I do is tied up in "self," so the people
I profess to love don't really feel loved. They feel manipulated.
I'm trying to avoid rejection rather than trying to build a loving relationship.

THEREFORE: I am not able to sustain a healthy, loving, and lasting relationship.

The Trickle-Down Theory of Unconditional Love

Jesus loves me, this I know.

He loves me unconditionally.

THEREFORE: His love for me is based on who **HE** is.

THEREFORE: I have not earned His love, nor can I earn His love.

THEREFORE: I cannot be separated from His love.

When I obey Him, He will bless me.

When I disobey Him, there will be consequences for my behavior.

He may not like my behavior, but He always loves me.

THEREFORE: Since I have experienced God's love, I know I am loveable.

THEREFORE, since I know that God loves me,
I am able to believe that there are people who could love me too.

THEREFORE, I am able to trust people who genuinely love me.

THEREFORE, I am able to accept the love that those people give to me.

THEREFORE, since my most basic need for love and a sense of self-worth have been met by God, I don't need to be "fixed" by other people.

THEREFORE, although I have needs that I look to other people to meet, I believe those needs are balanced and God-given (companionship, affection, fun). I try to be honest in assessing those needs and in asking for what I need.

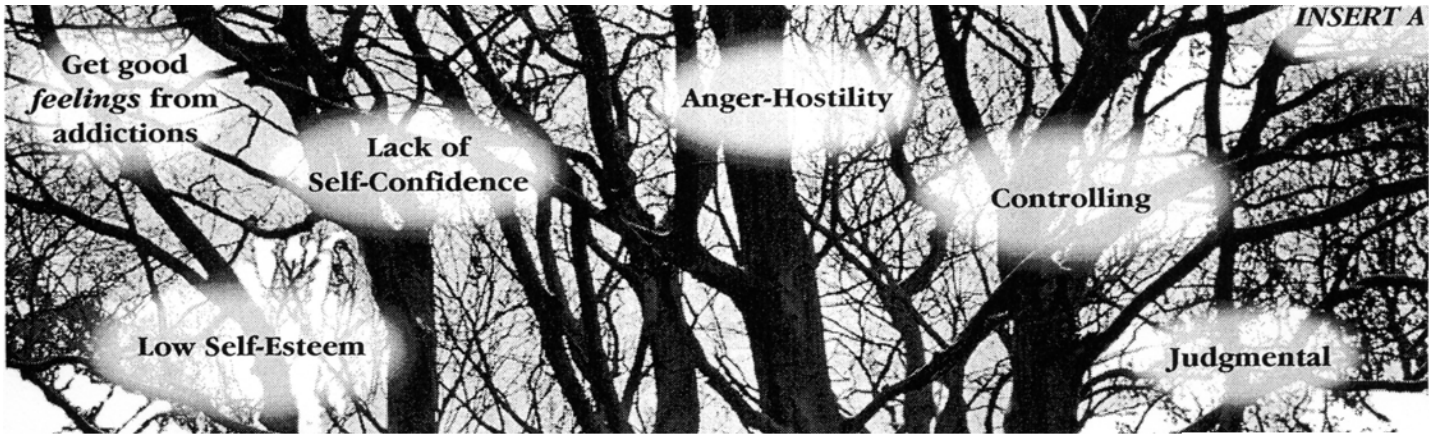
THEREFORE, I expect other people to be honest with me.
I can handle criticism or confrontation if it is done with love.

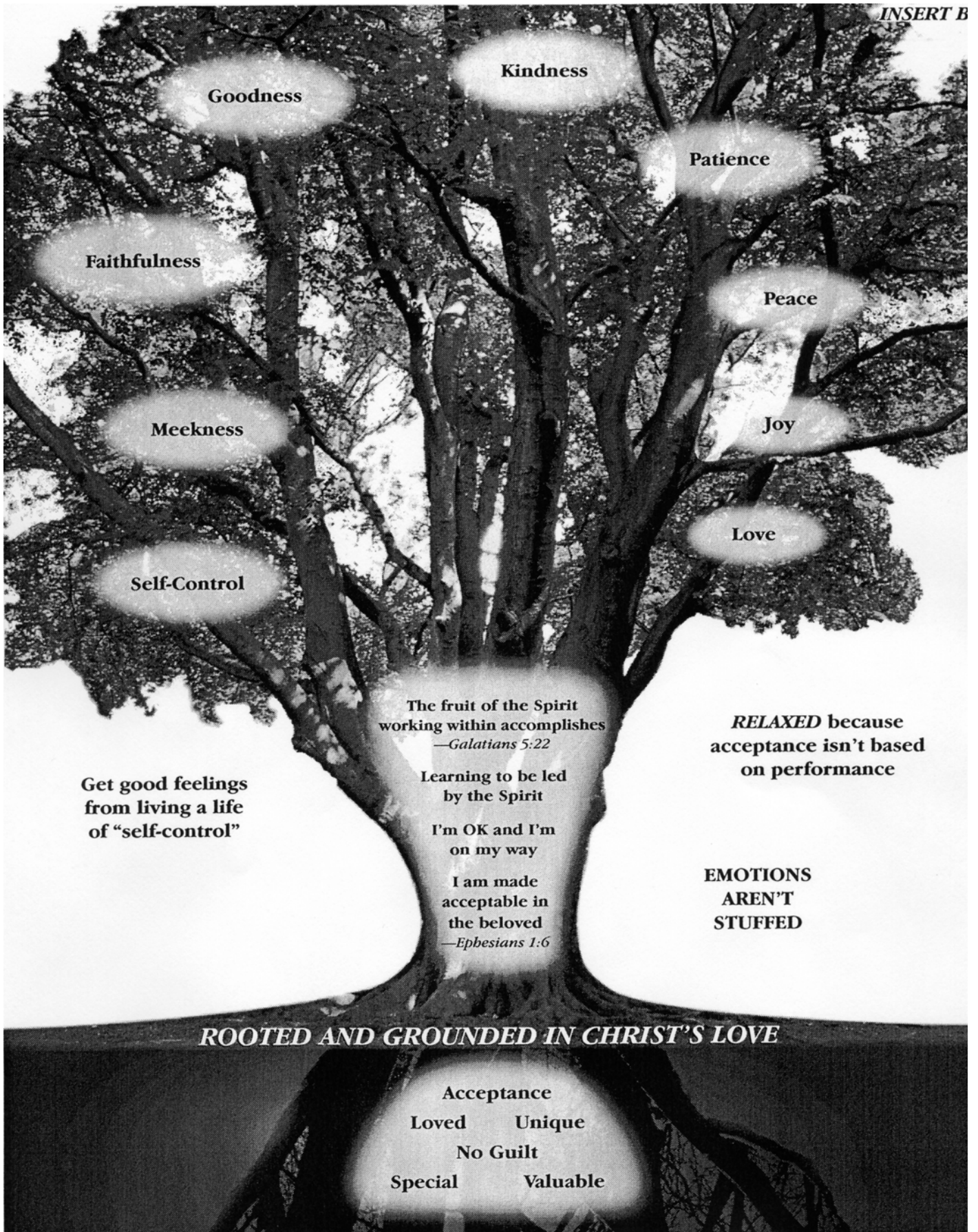
THEREFORE, since I know that I am God's special and unique creation,
I know that the love I have to give is valuable.

THEREFORE, I don't feel that I have to "perform" for other people.
They will either love me for who I am or they won't.
It's important to me to be loved for who I am.

THEREFORE, I am able to get my mind off of what others are thinking **ABOUT ME**
and focus on other people and **THEIR NEEDS**

THEREFORE: I am able to sustain a healthy, loving, and lasting relationship.





Goodness

Kindness

Patience

Faithfulness

Peace

Meekness

Joy

Self-Control

Love

The fruit of the Spirit working within accomplishes —Galatians 5:22

RELAXED because acceptance isn't based on performance

Get good feelings from living a life of "self-control"

Learning to be led by the Spirit

I'm OK and I'm on my way

EMOTIONS AREN'T STUFFED

I am made acceptable in the beloved —Ephesians 1:6

ROOTED AND GROUNDED IN CHRIST'S LOVE

Acceptance

Loved Unique

No Guilt

Special Valuable