

EMOTIONAL HEALING

This is for the woman who is tired emotionally. The goal is to move you from emotional exhaustion to emotional healing.

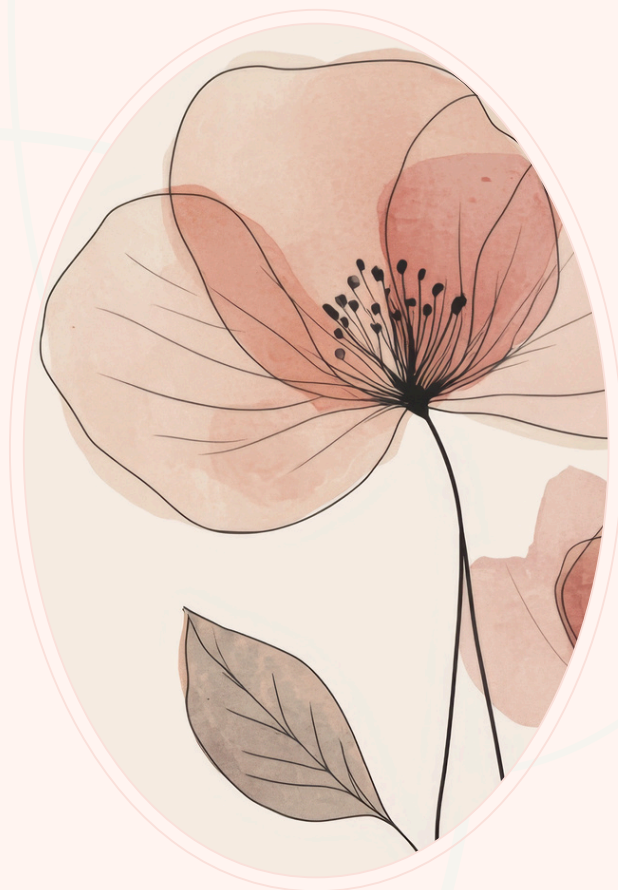
BY MERCY M.



ABOUT US

In part 2 of our becoming series, we focus on emotional healing. And to do that we first define what emotional exhaustion is and the journey to emotional healing. This workbook is for those who are tired of being led by their emotions and now want to take a hold of them. Are you tired of reacting and being unable to control your emotions? Then join me as we unpack. We will also look at some of the practical keys that will help you get to a place of emotional intelligence

As always I want you to know that my desire for you is to see you become such a strong yet feminine woman who operates from a place of authenticity without neglecting the fact that she is an emotional human being. After all, even God portrayed His emotions depicted in the Bible. The Bible tells us that there are moments that He was angry, sad, happy and even annoyed. This shows us that as human beings created in the image of God, our emotions are woven in our beings and that is okay. Remember to be honest with yourself and also extend grace.



WELCOME



Prayer

*When I am tempted to act out of emotions,
please remind my heart to
whispers Your sacred Name.
In every breath, I find remembrance,
In every tear, I find peace.*

*And whenever I fall short,
Remind me Your mercy stands eternal and pure.
Through it all, I walk with grace,
Knowing Your promise is sure.*

*O Lord, guide my steps in Your light,
Keep my heart from straying afar.
For every path that leads to You,
Is brighter than the brightest star.
In Jesus Christ Name,
Amen*



Introduction

WHAT IS EMOTIONAL EXHAUSTION?



Emotional exhaustion is not just being tired, It is the deep weariness that comes when the seat of your emotions, desires and will- the deepest part of your soul- has been stretched beyond what you can carry. It comes from a place of fatigue from carrying the weight for far too long.

Emotional exhaustion reveals that you have been doing instead of being. It shows that you have been trying to fix, heal, figure out, or perform instead of simply abiding. It is often reflected when the soul runs on self instead of the Spirit.

Emotional
exhaustion is a
cry from your
soul saying that
"I am tired. I
want to rest not
strive"

WHAT CAUSES EMOTIONAL EXHAUSTION?

- **Carrying disappointment or pain for far too long.**

This happens when you have carried pain, hurt, loss, betrayal or unanswered prayers for far too long without processing or releasing them. This looks like you telling yourself that you are fine when you are not. Burying the emotions so that you can continue functioning, continual trusting God without taking the time to grieve what you have lost and holding on to unanswered prayers that steal your joy.

Over time, this creates a soul heaviness like walking through life with a stone in your heart. It slows you down, weakens your hope and makes you numb. In this state, you don't necessarily stop believing in God, you just stop believing that good things can happen to you. Can you relate?

- **Pouring out emotionally without being poured into.**

The phrase you cannot pour from an empty cup is the summary of this. This happens when you feel the need to be there for others emotionally, physically or financially and not receiving the same too. You show up outwardly but inwardly, feel empty yet obligated to show up. The truth is that we were never created to be the source, God created us as vessels to receive from Him then pour into others.

- **Fighting battles in your mind or heart for months or years**

This looks like you living in a constant state of internal struggle. where peace feels temporary and the same fears, worries, doubt, pain keep resurfacing despite your effort, prayers or growth. This is when you have forgiven yet the pain reappears or you've prayed yet the fear still whispers. These battles don't happen around you, they happen within you. The enemy's strategy is to wear you down through mental loops that is replaying fear, guilt, shame and disappointment until they feel like truth. But God's desire for us is that we would live from a state of freedom not just surviving or coping.

- **Trying to stay strong while internally you are drained.**

This is especially common to that person who is always relied upon. The person expected to be strong in the face of adversity. The person who is not allowed to show weakness. This however is unrealistic. As human beings we are not expected to act strong all the time.

Have you been pursuing perfection? Maybe you find pride in being labeled as the strong one. Today I want to encourage you to get to that place of allowing God's strength to flow from your weakness.

The spiritual detox from emotional exhaustion is not about quitting life , it is about total reliance on God.

MY STORY

Over the years, I assumed that I had dealt with all the emotions known to man. And why I assumed this was because I had been praying and reading the word, I ignored one very vital thing though and that is processing. And because of this, I encountered a triggering situation that led me to act out of character. Not only did it scare me but it left a bitter taste in the mouth of the victim. And that's when I knew that I had to change. I knew I had to make a shift, I did not want to be a bitter or angry Christian



I wanted to embody true Christianity. Not out of show but from a place of being. Has this happened to you? Have you encountered a situation that revealed all the unprocessed and unresolved emotions? The first thing I did was to turn to God. And this time I was honest. I did not put on a front or use the language I thought would please Him. I just went to Him raw and unashamed and that was when He began speaking to me about all the pent up emotions I had been harboring from past pain, disappointment and rejection. He also helped me recognize that He had the capacity to handle all my emotions, good and bad. And that was how my healing journey began.

THE STORY OF HANNAH:

1 SAMUEL 1

Hannah had gone through a season where she did not process her emotions. First off, the Bible tells us that Peninah would mock her for being barren. Not only that, she had a husband who loved her but couldn't understand her. No wonder in her moment of anguish, he pointed out that he was better than 10 sons. His love for her couldn't heal the anguish she was experiencing.

It wasn't until Hannah processed her emotions in verse 10, that her countenance shifted. The interesting thing to note is that her countenance did not shift because her situation had changed, it was because she had processed her emotions.

⁴Whenever the day came for Elkanah to sacrifice, he would give portions of the meat to his wife Peninnah and to all her sons and daughters. But to Hannah he gave a double portion because he loved her, and the Lord had closed her womb. ⁶Because the Lord had closed Hannah's womb, her rival kept provoking her in order to irritate her. Her husband Elkanah would say to her, "Hannah, why are you weeping? Why don't you eat? Why are you downhearted? Don't I mean more to you than ten sons?"

¹⁰In her deep anguish Hannah prayed to the Lord, weeping bitterly.¹⁵ "Not so, my lord," Hannah replied, "I am a woman who is deeply troubled. I have not been drinking wine or beer; I was pouring out my soul to the Lord. ¹⁶Do not take your servant for a wicked woman; I have been praying here out of my great anguish and grief."

¹⁷Eli answered, "Go in peace, and may the God of Israel grant you what you have asked of him."

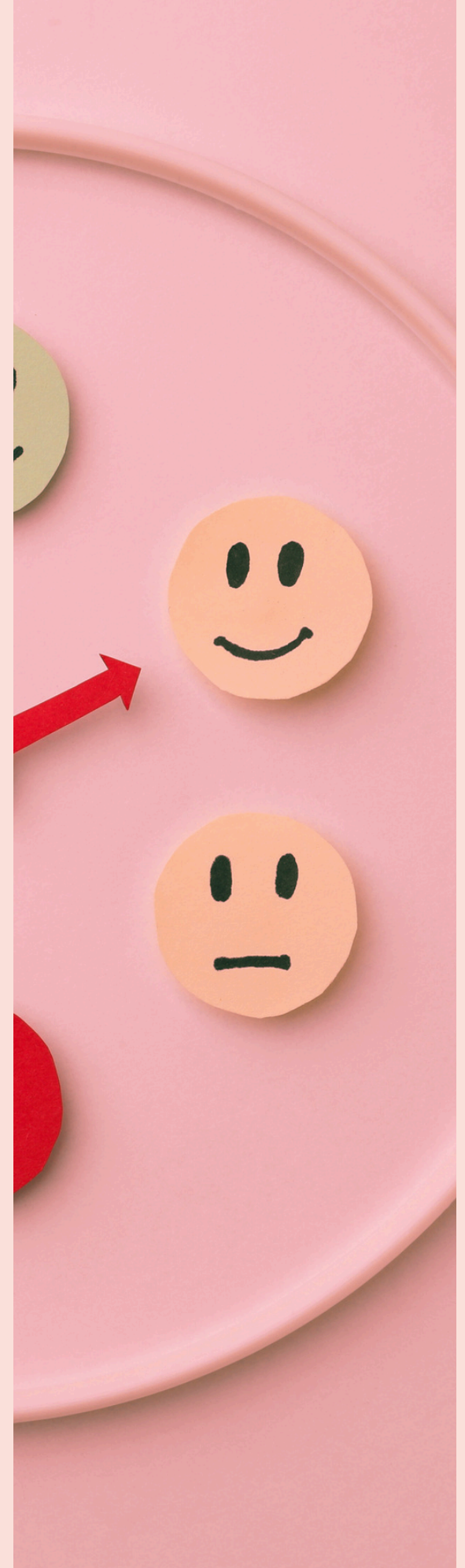
¹⁸She said, "May your servant find favor in your eyes." Then she went her way and ate something, and her face was no longer downcast.

This story is the perfect example of the power of processing your emotions. Moving from emotional exhaustion and to emotional healing and wholeness. Now let's get to that bit.

EMOTIONAL HEALING

Reading the story of Hannah helped me realize that emotional healing does not come through suppression. I learned that God never denies us the opportunity to process our emotions with Him. Isn't it encouraging to know that your emotions do not intimidate God? When I was going through my emotional healing journey, I realized that it is possible to be honest with God. Not only that, He also made me realize that my emotions are valid and important to Him. And so are yours. He wants to see you whole and free. There is a freedom that comes once you release all the pent-up emotions you have been carrying over the years.

Which is why in the next page, I have outlined a framework that will help you go from emotional exhaustion to emotional healing. When going through emotional healing, God soothes and cleanses your emotional pain. His goal is to get you to a place of peace. He wants to get you to a place where you can feel your emotions but do that in a healthy way and feel safe expressing them.



THE FRAMEWORK FOR EMOTIONAL HEALING

01

AWARENESS

This is where you put a name to these emotions. What are you feeling? And don't try to suppress or pretend or even try to downplay them in a bid to look holy before God. Acknowledge exactly what you are feeling. This requires honest and self-awareness.

02

RELEASE

This is when you bring them before God. You already know what you are feeling. In this step you tell God and unpack these emotions with Him. You can even relay the whole story that brought these emotions out. Surrender and forgiveness is the focus here.

03

RENEWAL

Allow God to speak to you concerning these emotions. Spend time with Him and ask Him to replenish you. He is your healer and His healing includes your emotions too. Remember you are not striving to receive. Therefore the focus is on rest and spiritual nourishment.

04

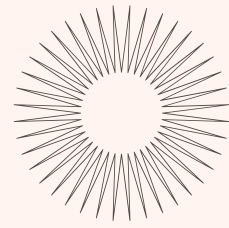
REALIGNMENT

In this stage you replace distorted emotional patterns with the truth. You become aware of the lies that make you feel the need to pour from an empty cup and embrace the truth that God can and wants to replenish you before you can pour to others. Focus on truth and restoration.

05

REBUILDING

move forward with healed rhythms. You now get to a place where you can do the things you used to do from a place of rest. Create emotional boundaries that ensure you never run on empty again. Focus is on rested action and overflow.



6 FUNDAMENTALS FOR EMOTIONAL HEALING



Acknowledge your emotions as they arise. Don't try to suppress. If Jesus did not suppress, why should you?



Bring them to God without shame. Ask God for forgiveness, tell them how you are feeling



Receive God's replenishment. Ask Him to fill you up and replace those negative emotions with His.



It is issued regularly, usually every week or every month, and it contains a variety of content.



Renew your emotions by allowing the ones God has filled you up with to flood your thoughts. Gravitate towards them.



Create boundaries that will help you steer your emotions in a healthy way. What can you do to help you delay your reaction when you are triggered? Identify your triggers.

REFLECTION QUESTIONS

Can you identify with these sentences? I want you to list some of the phrases that come to mind when you think of the following statements. Name the emotions that come up.

I HAVE BEEN CARRYING DISAPPOINTMENT FOR SO LONG.

I HAVE BEEN FIGHTING INNER BATTLES

I AM TRYING TO STAY STRONG BUT I AM DRAINED INTERNALLY

REFLECTION PROMPTS

In what areas of your life have you been holding it together while feeling empty inside?

What emotions have you been suppressing to appear strong?

How does God want to redefine strength for me in this season?

Where do I need to allow myself to be held instead of holding up everything?

CHECKLIST

Emotional healing

- ☐ Stop Pretending you are okay
- ☐ Identify what's weighing in your heart
- ☐ Pray honestly to God about what you are feeling
- ☐ Notice how emotional exhaustion shows up in your body
- ☐ Acknowledge emotional exhaustion

Practical steps

- ☐ Journal your emotions
- ☐ De-clutter representation of old pain
- ☐ Ask for help from loved ones
- ☐ Practice 10 minutes of stillness
- ☐ Do something fun for you.



When moving from emotional exhaustion, it is important to prioritize your moments of replenishment. God does not want you to pour from an empty cup.



ACTION STEPS

These are some of the steps you can take to get you closer to your emotional healing journey. Detoxing from emotional exhaustion is something that can be done with God in the mix. It is possible with Him.

1

What are the sources of your emotional drain?

2

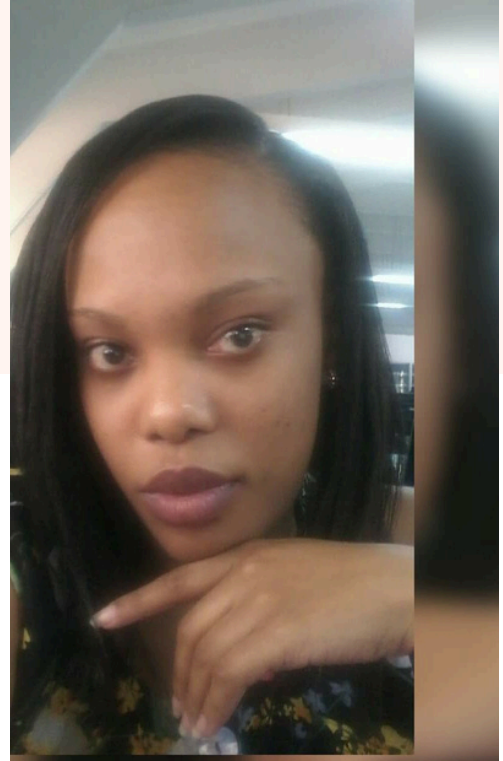
Surround yourself with safe and life-giving community. Do you have them? List them down. If you don't ask God for one. (You can always reach out to me)

3

Learn to say no to things that deplete you. Can you list some of them down?

About THE AUTHOR

Hey there, my name is Mercy M. I am the founder of Radiantly Resurging, a space where we grow, become and step into the fullness of who God created us to be after experiencing loss, delay, stagnation and being in the wilderness season.



I created this workbook after having experienced emotional exhaustion myself. For years I had suppressed my emotions thinking that I was doing the right thing. I did not know that I had been carrying disappointment for far too long and had not dealt with it. It was not until I had an outburst that I recollected myself and decided to confront it. And from the lessons I learned, I realized that others needed it too. I want to see you go from emotional exhaustion to emotional healing then operate from the point of emotional intelligence. My prayer is that this workbook helps you navigate this process with grace and come out whole and free.

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MORE HELP?

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