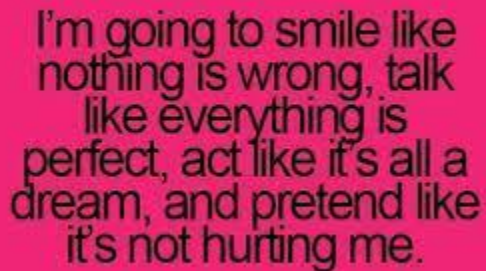


## Emotional Bruising – Moving From Hurting to Healing



I'm going to smile like  
nothing is wrong, talk  
like everything is  
perfect, act like it's all a  
dream, and pretend like  
it's not hurting me.

God gave me the picture of a mummy when dealing with me about those suffering with emotional wounds. Because of the “trauma” they have suffered, many are wrapped in layer after layer of emotional bondage – with no hope; nowhere to turn; seemingly no way of escape. The mummy layers or scars from emotional bruising can make it difficult for a person to get through the day, let alone become all that God wants them to be.

### Sources

As I state in my book *Healmotions: Unwrapping the Mummy Layers*, the sources of emotional bruising are wide and varied. Some sources include: abusive relationships; trauma suffered as a child; loss of job; divorce; a miscarriage; death of a love one; mistreatment on the job; and the list goes on and on.

### Impact

The impact of emotional bruising can be **mild** – where an individual is able to “bounce back” to **severe** – where an individual is unable to function in life ; suffers post-traumatic stress; battles with depression; unable to fulfill his or her purpose in life; in desperate need of inner healing. *Mentally*, thoughts of hopelessness, unworthiness and anguish plague their mind. *Emotionally*, some wrestle with constant feelings of unworthiness, inadequacy, and inferiority. Some

feel an inside hurt that never seems to go away. *Spiritually*, many feel an inner rawness; unable to receive the love, caring and forgiveness God offers. *Behaviorally*, some develop eating disorders; others develop ungodly habits such as alcohol addiction, drug addiction, or promiscuous behavior as a way of *escapism* – a way of refocusing one’s attention on things that are pleasurable or enjoyable as oppose to reality.

## **Road to Recovery**

Regardless to what has caused you to experience emotional pain or how long you have suffered with it, God desires to break you from every chain that holds you in the past of hurt, unforgiveness, guilt, shame, co-dependency, and fear, and other self-defeating issues. The **life changing** Word of God states in John 10:10, *The thief cometh not, but for to steal, and to kill, and to destroy. I am come that they might have life, and that they might have it more abundantly.* God also says in His word in Isaiah 61:3 that He is come to *appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness the planting of the Lord, that he might be glorified.*

Thus, it is God’s desire that any individual who suffers with emotional trauma be made EVERYWIT WHOLE! He doesn’t delight to see His child suffer in any kind of way. He doesn’t delight in seeing you feel trapped with no way out. God takes no delight in seeing you wake up in emotional pain; go throughout the day in pain; lay down to sleep in pain, then start this same vicious cycle over again, the next day, the next week, the next month, the next year. NO, He does not! The question to you or anyone who suffers with emotional pain as I stated in my book is, *How bad do you want it? How bad do you want to be free?* Do you want it bad enough to stop saying “I can’t?” “I can’t forgive them.” “I can’t stop thinking about it.” “I can’t forgive myself.” “I can’t move on.” “I can’t think well of myself.” “I can’t. I can’t. I can’t.”

If you want to be whole, then you CAN BE whole. Stop and think about that for a moment. If you want to be whole, then you can be whole. If you want to hold on to excuses, then you will hold on to excuses. The question again is, “How bad do

you want it.” **YOU** are the key to breaking this vicious cycle. **YOU** are the key to opening your heart and asking God to come in to help you rise above your current situation. **YOU** are the key to cooperating with the Holy Spirit as He walks you through the steps of your recovery. Indeed, **YOU** are the key in moving you from where you are now to where you desire to be, and that is **FREEDOM!** God says in Isaiah 40:29, *He giveth power to faint; and to them that have no might, he increaseth strength.* Do you believe He has the power to help you overcome anything that’s holding you back? If you do, then submit to Him, totally – every area of your life; every area where you feel pain; every area where you hurt. Yes, this is easier said than done, BUT it can be done, step by step with the help of God Almighty. Just like with everything else that’s worth having, it will take hard work, honesty (be real about where you are, how you feel, what happened to you); commitment, sacrifice, much prayer (add fasting too) and a life committed to reading God’s word, meditating on God’s word, believing God’s word and trusting in God’s word. Yes, it may be challenging but the God we serve is God of the challenge and has the power to help you overcome EVERY CHALLENGE in your life!

The key is to “keep it moving.” Keep pressing. Don’t concentrate on the past and how “hard” everything seems; make a commitment to do some act, each day that will bring you closer to the emotional freedom you desire. It could be something such as declaring each day that “Today, I will focus on monitoring my thoughts and every time a negative thought comes, I will purpose turn my attention to God’s word.” Continue to do this until you see a positive change take place in the way you view yourself, others, God, and even your situation. Most certainly, keep it moving in the face of lack, doubt, insecurity, fear and despair. A small step is much better than no step at all. Even when doubt enters it, keep pressing with the strength you have, knowing that God will step in and give you the additional strength you need to move you from where you are to where you desire to be!

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