

# Knowing God as a healer of emotions

A 5-day Devotional

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BY SHE LAUGHS PODCAST

# About THE AUTHORS

She Laughs is a podcast that displays honesty and transparency. Hosted by Tanisha Williams and Kristal Lamar, they strive to be an outlet for others. They are two women sharing their weaknesses and imperfections. Being vulnerable can seem outdated and unpopular in a world of filters and angles. Kristal and Tanisha hope that by reading this devotional of their thoughts, words, and prayers they can help someone in their journey as well.



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## Day 1: Can God heal my emotions?

Emotions. They are often something that many of us struggle to get a handle on. Mental Health is slowly becoming a regular topic in today's society. There are many treatment centers and programs with people who are gifted in the professions of psychiatry and counseling. This is helpful when seeking resources for emotional issues but did you know that you can also go to God for help in this area? Did you know there's an entire book of the bible that deals with emotions? Many scholars say that the book of Psalms expresses man's soul(emotions, mind, and will). There are 20 scriptures alone in Psalms that discuss managing emotions.

This shows that God cares about our emotions. Anxiety, depression, anger, bitterness, fear, rejection, and stress are some of the daily emotions we face that God cares about and desires to examine according to Psalms 7:9. Why does He want to examine them? Because if we are not careful, we will allow our emotions to replace God and His word.

So what are some practical steps we can take toward allowing God to heal our emotions?

1. Communication with God
2. Being Honest with God
3. Showing Vulnerability to God
4. Trusting in who God is

In this devotional, we will discuss how each of these steps will help us move forward in knowing God as a healer of our emotions.

## Reflection Questions

- ✓ Do you find yourself struggling with expressing your emotions?
  - ✓ Are you willing to allow God to examine your emotions?
-

# Scriptures

## *Psalms 147:3 AMP*

He heals the brokenhearted. And binds up their wounds [healing their pain and comforting their sorrow].

## *Hebrews 4:15-16 AMP*

For we do not have a High Priest who is unable to sympathize and understand our weaknesses and temptations, but One who has been tempted [knowing exactly how it feels to be human] in every respect as we are, yet without [committing any] sin. Therefore let us [with privilege] approach the throne of grace [that is, the throne of God's gracious favor] with confidence and without fear, so that we may receive mercy [for our failures] and find [His amazing] grace to help in time of need [an appropriate blessing, coming just at the right moment].



# HEAVENLY FATHER,

*Help me to gain insight and revelation into my past hurts and problems. I know that with you and with the help of the Holy Spirit I can face these problems openly and with courage. I open my heart to you and ask that you have your way in me. Help me to forgive myself as well as others that may have been involved in my past hurts. I want to be healed. I want to know you as a healer.*

*In Jesus  
Name, Amen*

Prayer

## Day 2: Communication with God

Communication with God is a simple process that builds a close relationship with Him. How exactly might you ask? Prayer. Prayer is the way we communicate with God. It's as simple as that. It doesn't require any fancy words or phrases or the ability to speak eloquently. It only demands the willingness to set aside time and availability to speak to your creator and be silent long enough to hear what He has to say. Spontaneous prayer is just as important as planned prayer, so don't forget to pray throughout your day. Stay in constant communication with God.

Prayer is more about us getting to know Him deeper and less about us going to Him about us. We should desire to know all of who He is and in doing so we can learn all of who we are in Him.

Today's scriptures tell us that God is a God who hears us and answers. Those answers can always be found in His word and during times of prayer. We also have an example of how to pray by Jesus. He taught His disciples that prayer this way helps you to concentrate on God being a good Father and not just focusing on getting an answer.

### Reflective Questions

- ✓ Have you set aside time to pray today?
  - ✓ What are some things on your mind that you feel you need to go to God about?
-

# Scriptures

## Psalm 17:6 CSB

I call on you, God, because you will answer me; listen closely to me; hear what I say.

## Psalm 77:1 CSB

I cry aloud to God, aloud to God, and he will hear me.

## Luke 11:1-4 AMP

It happened that while Jesus was praying in a certain place, after He finished, one of His disciples said to Him, “Lord, teach us to pray just as John also taught his disciples.” He said to them, “**When you pray, say: ‘Father, hallowed be Your name. Your kingdom come. Give us each day our daily bread. And forgive us our sins, For we ourselves also forgive everyone who is indebted to us [who has offended or wronged us]. And lead us not into temptation [but rescue us from evil].’**”





# HEAVENLY FATHER,

*I thank you for being a  
Father who desires to hear  
the heart of your children.  
Continue to remind me that  
staying close to you helps  
me in every way possible.  
You are a God that wishes to  
satisfy and communication  
with you is the way. Thank  
you for your son Jesus  
showing me the way to you  
and for granting me direct  
access to you through the  
blood He shed.*

*In Jesus  
Name, Amen*

Prayer

## Day 3: Honesty with God

The first step to inner healing is being honest. Not just with yourself but with God. The word Honesty means fairness and straightforwardness of conduct; sincerity. Having honesty with God assists in building a better relationship because it shows that we desire to learn who God is and we desire to trust him. Even though He already knows our needs, desires, and issues He still wants us to share our whole selves with Him. Admitting to God where you are emotionally and what you are feeling can be a scary concept to process. That scary feeling often tells us it's better to hide or even lie to ourselves and God. That's not how you build a relationship. Honesty in a relationship creates authenticity.

It also creates a sense of freedom. Isn't freedom the ultimate goal? Honesty is also the open door needed for revelation from the Holy Spirit. This revelation helps us to understand where those emotions and feelings are coming from so that God can heal that area of our life.

The scriptures for today explain the benefits of casting all of the cares, worries, and even confessions onto Christ. What's the benefit? He cares. He genuinely cares. He is watchful, faithful, and forgiving. That shows how trustworthy He can be. What areas of your heart are you struggling to share with God?

## Reflection Questions

- ✓ In what ways right now can you be honest with God?
  - ✓ In what ways do you find yourself hiding from God? Why?
-

# Scriptures

## 1 Peter 5:7 AMPC

Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately and cares about you watchfully.

## 1 John 1:9 AMPC

If we [freely] admit that we have sinned and confess our sins, He is faithful and just (true to His own nature and promises) and will forgive our sins [dismiss our lawlessness] and [continuously] cleanse us from all unrighteousness [everything not in conformity to His will in purpose, thought, and action].



# HEAVENLY FATHER,

*Thank you for caring and loving all of who I am. You are God enough to handle every emotion that I feel and God enough to give me insight into what those feelings and emotions mean so that I may learn to handle them. Thank you for always listening. Thank you for always being a safe place for me to land.*

*In Jesus  
Name, Amen*

Prayer

## Day 4: Vulnerability with God

Now I understand that this next word may be deemed as a curse word by many but I promise you it is essential when allowing God to bring you inner healing. Vulnerability. Yes, the V-word. Vulnerability is often used synonymously with weak but it's actually a sign of strength. It shows that you have confidence and courage enough to share your deepest thoughts and emotions. God desires that type of connection with us. Don't allow things like fear and shame to keep you from running to God with and for everything.

He knows what you've done, thought, or said. He stands ready to listen and forgive.

Jesus gave us an amazing example of how to show vulnerability in our scripture for today. In Matthew 26:36-39, Jesus shares his concern about his upcoming crucifixion not only with God His Father but with a few close trusted disciples He brought with Him to Gethsemane. In doing so He found strength in God. Let this prayer be an example of how letting God into the deepest areas of your heart will allow you to know Him as a tender loving Father.

### Reflection Questions

- ✓ What areas of your life are you hiding from God?
  - ✓ Have you found a community of people you can be vulnerable with?
  - ✓ Have you asked God to send you a community? If not, are you willing to do so now?
-

# Scriptures

## Matthew 26:36-39 CSB

Then Jesus came with them to a place called Gethsemane, and he told the disciples, “**Sit here while I go over there and pray.**” Taking along Peter and the two sons of Zebedee, he began to be sorrowful and troubled. He said to them, “**I am deeply grieved to the point of death. Remain here and stay awake with me.**” Going a little farther he fell facedown and prayed, “**My Father, if it is possible, let this cup pass from me. Yet not as I will, but as you will.**”



# HEAVENLY FATHER,

*Help me not allow fear and shame to keep me from the benefit of being vulnerable with you. Help me to understand that sharing my deepest thoughts and desires with you allows for connection and intimacy that builds on our relationship as Father and child. I desire to be close to you. I thank you for showing your unconditional love and acceptance to me.*

*In Jesus  
Name, Amen*

Prayer

## Day 5: Trust in who God is

What does it mean to trust God? That's a question many believers have. It's an honest question that has a simple answer. Let's look at what the word trust means in Webster. Trust is defined as the belief in the reliability, truth, ability, or strength of a thing. It's an action. That being said, to trust God means to believe He is who He says He is and believe He loves you like He says He does. Trusting anyone is a scary thing. We have often learned to not trust others due to their inconsistency or the experience of being let down. God's word tells us He is a consistent God who would never lie to us.

Isn't that someone you think you can trust? Even in hard times, God desires for us to trust Him. He is someone who will fight for us and provide a place for us to hide when we feel attacked by life. How can you trust God when life is difficult? Staying committed to reading His word, casting all your cares unto Him, and staying confident in who He says He is. Practicing these keys will help you during trying times.

### Reflection Questions

- ✓ In what way can I practice trusting God?
  - ✓ What is hindering me from trusting God and what can I do to change that?
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# Scriptures

## *Proverbs 3:5-6 AMP*

Trust in and rely confidently on the Lord with all your heart And do not rely on your own insight or understanding. In all your ways know and acknowledge and recognize Him, And He will make your paths straight and smooth [removing obstacles that block your way].

## *Numbers 23:19 AMP*

God is not a man, that He should lie, Nor a son of man, that He should repent. Has He said, and will He not do it? Or has He spoken and will He not make it good and fulfill it?

## *Psalms 9:9-10 AMP*

The Lord also will be a refuge and a stronghold for the oppressed, A refuge in times of trouble; And those who know Your name [who have experienced Your precious mercy] will put their confident trust in You, For You, O Lord, have not abandoned those who seek You.

## *1 Peter 5:6-7 TPT*

If you bow low in God's awesome presence, he will eventually exalt you as you leave the timing in his hands. Pour out all your worries and stress upon him and leave them there, for he always tenderly cares for you.



# HEAVENLY FATHER,

*Help me to believe you are a God whom I can trust. I desire to know you as my protector and my strength. Thank you for being consistent even in hard times. Your word says you are trustworthy and I ask right now that you touch the areas of my heart that hinder me from being confident in who you are.*

*In Jesus  
Name, Amen*

Prayer