

# 47. THE WOUNDS WE NEED TO HEAL FROM

*There is compassion and consideration given to those in physical pain, but when your heart is ripped out you may get neither.*



#NCSAMENTALHEALTHDEVOTIONS

## THE WOUNDS WE NEED TO HEAL FROM

*Psalms 147:3: "He heals the broken-hearted, and binds up their wounds."*

Have you ever noticed how patient we are with someone who has sustained a physical injury, like a broken leg or a stitched up arm? Anyone who was injured through a sprain, a strain, a rupture, a fracture or a dislocated joint tend to experience a very patient and supportive understanding from those around them because they are going through physical pain.

When I was in college I belong to a group that was kind of a gymnastics-acrobatics society. We mostly did shows by building human towers. One day while we were training in preparation for a show that was coming up, I somehow managed to fall from one of those human pyramids and I hurt my right foot. It started swelling up immediately and the pain was excruciating. I literally cried like a baby. I remember the tears were running from my eyes and I felt so embarrassed. I didn't want to cry in front of the people, but it was so painful. Obviously everybody helped me. They carried me off the stage onto the mat. They tried to take the pressure off my foot and called the nurse that was on campus. She came and she put some ice packs on my foot and that made it even worse. I cried even more and everybody was just rubbing my back and was even more supportive. Eventually I went to the doctor and they did some x-rays. They found that my foot was not broken, but I had torn a ligament. Fortunately it wasn't torn off completely, but it still was extremely painful. I couldn't step on my foot for the next two months. I couldn't put any weight on it.

**EVER NOTICED HOW PEOPLE SHOW  
SYMPATHY WHEN YOU ARE  
PHYSICALLY HURT BUT NOT SO  
MUCH WHEN EMOTIONALLY?**

For the first five days after the injury, while waiting for the medical aid to pay me to get some crutches, I had to go around hopping or crawling or my roommate would carry me where ever I needed to be. She was very kind. I remember going to class after I got the crutches, students who never stopped before to help me to get to campus, now all of a sudden stopped and gave me a lift. Obviously because they saw me walking on crutches. They were very compassionate. I remember there was one lady who didn't like me at all – she literally hated me, but even she stopped and offered me a lift to campus although she didn't study on campus. That was quite strange.

This made me think. The world is very compassionate when one is physically injured. We are very supportive of those who are going through physical pain or illness, but when it comes to emotional injury or emotional pain, there is very little support. I believe the reason why the world is falling apart today is not because people are sustaining physical injuries, but because they are sustaining emotional ones – and those emotional injuries often go untreated. The fact that the emotional injuries are ignored or not recognised, makes the ordeal far more challenging than it already is. If only we could be kind to people when they have emotional injuries. If only we could be as kind to ourselves as much as we are kind when we have suffered a physical injury. I wondered to myself, if emotional pain was visible and people could see the scars on one's heart, if they could see the lacerations in one's mind, would they be kinder, more sympathetic and more understanding? Even more supportive perhaps?

All of us know that we cannot control people.

**I WONDERED TO MYSELF, IF  
EMOTIONAL PAIN WAS VISIBLE AND  
PEOPLE COULD SEE THE SCARS ON  
ONE'S HEART, IF THEY COULD SEE  
THE LACERATIONS IN ONE'S MIND,  
WOULD THEY BE KINDER?**

We cannot dictate to people how they must treat us when we go through emotional pain, but we can control how we treat other people and how we deal with ourselves, how we treat ourselves. Are you sympathetic towards yourself? The focus of this presentation is for you to learn how to help others who are going through emotional stress and also how to be kind to yourself if you are suffering an emotional injury. As much as you would give yourself time, patience and the specific treatment that is needed when you broke a leg, you should allow yourself time, patience and the specific treatment that is needed when you have a broken heart, when you have sustained an emotional injury.

When you are faced with emotional injury, you can apply some of the facts you've learned about physical injuries. They are the following:

- When a physical injury occurs, it involves **pain**. This is the same for an emotional injury.
- When a physical injury occurs, people tend to be more **patient, kind and understanding**. You should also be more patient, kind and understanding when somebody has incurred an emotional scar.
- When a physical injury occurs, there are **stages to recovery** and rehabilitation. This is exactly the same for the emotional scarring or emotional injuries you have sustained. There is a stage or recovery process you need to go through in order to be rehabilitated emotionally as much as there is in physical injury.
- Then of course, healing takes **time**. You do not have to feel guilty about the time taken off when you realise that there is a healing process you have to go through which will take time.

Physical injury involves pain. Emotional injury also involves pain.

WHEN A PHYSICAL INJURY OCCURS,  
THERE ARE STAGES TO RECOVERY AND  
REHABILITATION. THIS IS SAME FOR  
THE EMOTIONAL SCARRING.

Not just the emotional pain that you feel, but also a literal pain. There is a phrase which is now recognised by medicine, called the '*broken heart syndrome*'. This is when people literally die from a broken heart. Older couples frequently make the news because they physically couldn't survive without the other partner. Because of the actual pain they feel, together with the emotional pain when one of the partners of the married couple has died, the other spouse tends to die straight after them. An example of this happened in 2012 when somebody died of *broken heart syndrome*. Marjorie and James Landis of Jamestown, Pennsylvania, had been married for 65 years. Shortly after one of the spouses died, the other one also died – 88 minutes apart.

We become very uncompassionate when people go through emotional pain, but the Bible supports the idea of being **compassionate** because emotional pain involves real pain. Read Psalms 69:20: "*Insults have broken my heart and I am in despair. I had hoped for sympathy, but there was none; for comfort, but I found none.*"

Psalms 147:3 says: "*He heals the broken-hearted and He bandages their wounds.*" When David went to people for emotional support and expected them to be compassionate to him the way they were compassionate to somebody who has hurt themselves physically, he realised that he could not find that support. So he turned to the Lord. David then said that the Lord was going to bind up his broken heart and was going to heal his wounds.

Psalms 34:18 confirms that: "*The Lord is close to the broken-hearted and saves those who are crushed in spirit.*" What a beautiful thought!

**BROKEN HEART SYNDROME'. THIS IS WHEN PEOPLE LITERALLY DIE FROM A BROKEN HEART.**

A theory within Christianity where people believe when Jesus died on the cross, He died of the pain of a broken heart, has been shared throughout many periods of time. There was even a song written about it. Part of the lyrics says:

*“His death was not from the pain that He felt while hanging  
on that tree;  
No, He died of a broken heart for you and me.”*

I believe the reason why the song was written and why we have held on to the idea that Jesus died on the cross of a broken heart, is because of research that was done. The first person who came up with this idea was Doctor Stroud in 1847. In his book, he tried to explain that the death of Jesus could have resulted from a heart rupture. Let's not go into the physiology of this, but he based his findings on the Bible verse where it says when Jesus was pierced with the spear, blood and water ran out. According to Medical Science, when you suffer a stroke, or when your heart is literally broken, vessels rupture and water somehow runs into your bloodstream. This is why some believe that Jesus died of a broken heart.

We often do not understand this pain. We do not understand that emotional pain can literally cause physical pain within a person. We need to learn to be more kind to one another when it comes to emotional injury. Emotional injury can be the result of various incidents. Some reasons for emotional pain can be because of the death of somebody or disappointment or being bullied or being manipulated. Whatever the cause, we need to learn to be patient and kind and understanding; slow to judge and to make angry statements towards people who are going through emotional distress or have incurred an emotional injury.

**EMOTIONAL PAIN CAN LITERALLY  
CAUSE PHYSICAL PAIN WITHIN  
YOU.**

Let me use a story to demonstrate this. Pete asked out a girl, but she rejected him. She told him that she did not want to date him. He felt very humiliated and absolutely gutted because of this rejection. He was on his way to school as he had a big test he was about to go and write. Pete wanted to talk to one of his friends to offload a little bit so that he could feel better emotionally. As Pete entered the class, he saw that his friend was not there. Later on he found out that his friend had twisted his ankle while shooting hoops during the lunch break. When the history teacher saw the friend's swollen ankle, she excused him from the test and sent him to the nurse's office. Alone and with no support from his friend, Pete spent the hour, fighting back the tears while struggling to focus on his test. After the test he knew he did poorly. So he went up to the teacher and tried to explain to the teacher that he had trouble concentrating because of what had happened. But instead of responding with empathy, sympathy, compassion or understanding, she just shrugged him off and chastised him for 'making excuses' simply because he didn't study for the test.

This is also what we often go through. Physical discomfort is noticed and a lot of compassion is afforded. People are very considerate when others go through physical discomfort. But when your heart gets ripped out of your chest and you go through emotional pain because of loss or whatever and you feel as if you cannot concentrate, you feel as if you cannot get out of bed and you become like mini depressed, then you do not experience that comfort, compassion or consideration. You do not find it from people around you and definitely also tend not to find it from yourself. You tend to not be kind to yourself. You tend to try and push yourself and tell yourself to just suck it up, to just be strong.

**WE NOT VERY KIND TO  
OURSELVES, WE PUSH OURSELVES  
AND TELL OURSELF TO JUST SUCK  
IT UP, TO JUST BE STRONG.**

People also tend to say this and I do not know about you, but when people say: “Just be strong” when you have just gone through emotional pain, I sometimes feel like giving them a smack, because at that moment, I do not feel like being strong.

**How do you recover from emotional injuries?** How do you get past this thing of allowing yourself time to recover, because the only compassion you are going to get, comes from three sources:

- You being compassionate to **others** who are going through emotional stress.
- You being compassionate on **yourself**.
- The third source, which is actually the first source, is **Jesus**. The Lord says that He understands, that He will bind up your broken heart and that He will heal your wounds.

How are you going to learn to be more compassionate? You will only be more compassionate towards those who suffer emotional injury and towards yourself, if you understand the stages of recovery. The stages of physical recovery, when you have torn a ligament or broken a bone or whatever, are basically the same as the stages you go through when you go through emotional recovery. There are four stages:

- The **Destructive** Phase
- The **Reaction** Phase (revive)
- The **Regeneration** Phase (refresh)
- The **Remodelling** Phase (restore)

Every single phase within the process to recovery and rehabilitation is important. Only when you understand these phases, you will take the time to go through emotional recovery successfully as much as you will do in physical recovery.

**UNDERSTANDING THE FOUR STAGES OF EMOTIONAL RECOVERY IS IMPORTANT FOR HEALING.**



When you understand how long each phase takes and what each phase entails, only then you will not be impatient with yourself and ask yourself why you are not feeling better yet. Maybe you are still in the beginning stages of moving towards recovery and rehabilitation.

The **DESTRUCTIVE PHASE** is basically when the injury is incurred. **Physically**, it could be that you broke your leg when falling out of a tree, or you were in a car accident and maybe something pierced you and your skin was damaged. For now I am going to use the example of a broken leg. Let's say you were involved in a car accident and your leg got broken and maybe some debris got into the open wound.

The emotional destruction phase is when you suffer a heartbreak, or you suffer loss, death, broken relationships or disappointment. Perhaps you go through undue critique or you are emotionally bullied or manipulated – anything that can cause emotional injury.

Healing in the physical body starts immediately after the injury has occurred. When your body gets cut, the blood starts clotting immediately and white blood cells go to the affected area immediately.

Your body goes into the **REACTIVE PHASE** where it starts to try and heal itself. This is also very true of emotional scarring.

As much as your body tries to heal itself, there is usually an outside responder, somebody who comes across you in your destruction. If it was a car accident, you will have a first responder on the scene. It could be somebody who walked or drove past and stopped to help you. It could be a paramedic who arrived on the scene at that time.

**THE DESTRUCTIVE PHASE IS WHEN  
EMOTIONAL DAMAGE INITIALLY  
OCCURS. HEART BREAK, LOSS,  
HURT.**

The first responders have certain things they need to do. When it comes to a **physical** injury in a car accident where you are lying on the ground with your leg broken or where you are bleeding or whatever it may be, the first responder's first and most important responsibility is to remain calm. If the responder is not calm, the paramedic that comes on the scene will not be able to help you successfully. If the first responder starts panicking and running around and screaming and going bonkers, it is not going to be of any help.

This is very true for **emotional** support as well. When somebody has gone through an emotional destructive phase where something has happened that has injured them emotionally and you are the first responder, the first person they come and speak to, you are technically the paramedic. You need to remain calm. Do not take on their emotions. If they are screaming and crying, do not scream and cry with them, remain calm. It is appropriate not to take on their response. You can be sympathetic and empathetic, but you do not have to cry with them. If you cannot cope emotionally to help them, then maybe you are not the best person to assist. If you cannot remain calm to help the person at an accident scene, then you should not help them. You then should rather call somebody else who is calm and who will be able to help.

If you can be calm, there are four steps that must be followed in the REACTION PHASE.

- You need to **assess** what is going on with the patients.
- You need to **stabilize** them.
- You need to **immobilize** them.
- You also need to **isolate** them.

THE REACTIVE PHASE IS WHEN  
YOUR BODY STARTS TO TRY AND  
HEAL ITS SELF FROM EMOTIONAL  
DAMAGE.

Let me explain each of these individually. If the person is lying on the ground after the accident, the first responder or the paramedic will **assess** whether the patient is suffocating or bleeding heavily. Are they unconscious or are they breathing normally? Have they been injured or traumatized, are they in shock? Is there any immediate danger that they need to be removed from? The car is for example busy leaking petrol and maybe the car is going to explode. Then the paramedic needs to get the person away from the car. The first responder assesses the situation. He assesses the injury and whether there is any immediate danger that the person needs to be removed from.

Too often, when it comes to **emotional** injury, we forget to assess. We tend to just notice that the person is in distress and we assume we know what is wrong with them. We do not stop and listen and look and ask ourselves what exactly it is that the person is going through. Are they going through loss or anxiety? Have they experienced trauma? What is it that they are struggling with? Oftentimes just by assessing, we are already helping the person. Many times we think we know how to help and then we say things and do things that are not really going to be helpful.

I believe the Bible teaches us that we need to be quiet and learn to listen to what the other person says. James 1:19 says: *“My dear brothers and sisters, take note of this: everyone should be quick to listen, slow to speak and slow to become angry.”* When somebody else is in emotional distress, especially within the family circle, when somebody experiences emotional pain or injury and they come to us for help, we often lash out in anger or disappointment. Or we will say something like: “Just suck it up! Stop being so weak!” We speak very quickly and we act quickly, thinking that we know what is best for the person.

**MY DEAR BROTHERS AND SISTERS,  
TAKE NOTE OF THIS: EVERYONE  
SHOULD BE QUICK TO LISTEN, SLOW  
TO SPEAK AND SLOW TO BECOME  
ANGRY.**

The best thing we can do, is to be quiet and listen. That will give us the best assessment possible when it comes to emotional injury.

The **second** thing that the first responder must do is to **stabilize** the patient and to keep him safe. The way to keep him safe is to stop the bleeding. Or if the person is unconscious, by resuscitating him by performing CPR.

When it comes to an **emotional** injury, we also need to **stabilize** the person. What does that mean? How do we keep somebody who is in emotional trauma, safe? By being with them. Oftentimes when a person hears bad news or something bad has happened to them, they tend to act out in irrational ways. They self-harm. They say things which they will later regret. They are emotionally injured and they are angry. They want to get the other person back, therefore they act out in revenge. The best thing you can do to stabilize the person who is in emotional distress, is to be with him and think for him. Keep him rational. Do not counsel him. Do not tell him what to do. Just stop him if you notice that he is about to do something which might harm him or others. If he is still in the situation which is causing the harm, for example he is being physically bullied by somebody, you can maybe say to him that it will be better for him to go with you for a while. "Come, let us drive to town so that you can get out of the toxic environment." Keep him safe and stabilize him. Get him out of danger. Help him where you can.

Psalms 69:14 talks about this danger: "*Save me from sinking in the mud; keep me safe from my enemies, save me from the deep waters.*" I believe that we can help people. We can help them out of the mud. We can help them out of the water if they are still in the water.

THE WAY TO STABILIZE A PERSON WITH EMOTIONAL INJURY IS TO STAY WITH THEM AND MAKE SURE THEY DON'T MAKE IRRATIONAL DECISIONS.

That is, if you know how to get them out. If you do not know how to get them out of the emotional trauma, get somebody who knows. If you cannot cut somebody who is stuck in a car, out of a car, you are not going to keep on trying. You are going to find someone who has Jaws of Life. If you know how to help, then help. If you cannot, find someone who knows what to do, go and find a paramedic.

If you cannot find a paramedic or if there are no first responders around when you yourself are in emotional distress, then you need to muster up the strength and get yourself out of the mud. Call upon the name of the Lord. We often go to people for help, but we forget to call upon Jesus. In emotional distress, Jesus is our first responder. He is the One who is available 24/7, even though people might not be there for us. Jesus is the One who will come and pull us out of the mud. He is the One who will help us out of the water, says the Bible. Jesus is our paramedic. He can resuscitate us and give our life back to us. He can supply breath when we have stopped breathing – so pray to the Lord like David did and ask Him to save you from the sinking mud and from your enemies and to keep you from sinking deeper into the water.

The **third** step in the reactive phase is to **immobilize** the patient. If the person's leg is broken or if they are injured in some way, you have to keep them still. The paramedics will strap the patient onto an ambulance bed, wrapping the bleeding wound with bandages or splinting the broken leg or just let them sit quietly without moving. The reason for immobilization is to restrict movement in order to minimise the pain and also to decrease the effects of the destructive phase. In other words, it prevents the injury from getting worse and it stops the pain from getting worse.

WHEN EMOTIONALLY HURT THERE  
ARE MOMENTS YOU MAY FEEL  
IMMOBILIZED, THIS IS PART OF  
THE HEALING PROCESS.

Our bodies have a natural way of immobilizing us when we go through emotional pain or distress. This is called the fight, flight or freeze response. When we go through emotional distress, whether it is a short emotional distress or extended emotional stress, our bodies often freeze up – we go into a kind of *'I don't know what to do now'* moment. That is our body's reaction to immobilize us so that our pain will decrease. In order for the effects of the destructive phase not to increase, we go into a freeze mode. This is also the body's way of starting the healing process.

When you go through emotional injury, you cannot just get up and go on with your day as if everything is normal. Sit down and rest. Sometimes you need to be forced to do this. Sometimes you might say that you cannot sit down and take a moment for yourself because you have things to do, people to see, places to go – and you keep going. When it comes to physical injury, the broken leg, and you tell yourself that you just have to keep going, you are causing more damage to yourself. It is the same with emotional distress. Sometimes, when you go through emotional injury, you just need to take a few moments, step outside, take some time to recover and recuperate. Talk to the Lord about what has happened and then come back. But you don't do it. You pile up the stress and you pile up the injury and you keep pushing forward; but your emotional legs are broken and you are causing more injury to yourself.

I believe the Bible promotes this idea of immobilization when it comes to certain things we go through, especially emotions that are uncontrollable. We need to learn to be quiet, to sit quiet and allow our bodies to take its natural course. Exodus 14:13 talks about the time when Israel was in distress. Israel was travelling through the Red Sea and Pharaoh was pursuing them.

**NOT KNOWING WHAT TO DO MAY  
BE A SIGN THAT RIGHT NOW YOU  
SHOULDN'T DO ANYTHING.**

They were in anxiety. They were in fear and they tried to fix things. Moses then said to them: *“Fear not, stand still, (immobilize), and see the salvation of the Lord.”* Just stand still. Stop trying to fix everything.

This is not the right time/phase to try and fix things. You want to start exercising and regenerating your emotional muscles before it is time for regeneration and restoration. You are in the reaction phase, not in the restoration or regeneration phase or in the remodelling phase. Be careful to push yourself when the time is not appropriate to be pushed. Do not try and fix what is not supposed to be fixed right now. When you go through loss and grief and pain, there is a reason why you go into denial. The body knows that it is important to just be still for a period of time so that you can become healed. The shock and the numbness and the denial you are feeling is part of the process. You need to allow it to do its job. You do not have to feel guilty about it because it is part of the healing process.

The **fourth** step under the reactive phase is **isolation**. This is when you get into the ambulance. Not a lot of people go in the ambulance with you – usually only one family member together with a paramedic. This is to get you to a place where you can be stable and where the focus is on you. There is not a lot of people around who can cause distractions or stopping the paramedic from doing what needs to be done.

This is true as well when you go through **emotional** tragedy. You naturally stop talking and you become unaware of the people around you and of what is going on around you. If you need to take time to be alone to go and recollect, then do it.

WHEN YOU FEEL HELPLESS,  
REMEMBER GOD SAYS FEAR NOT,  
STAND STILL (IMMOBALIZE) AND  
SEE THE SALVATION OF THE LORD

Often during the day, Jesus used to take some time alone to go and pray to His Father – early morning, late at night and even sometimes in the middle of the day. When He was overwhelmed, He would take some time to go and de-stress emotionally.

Job 10:20 tells us that Job did exactly the same. Job asked: *“Isn't my life almost over?”* And he said to his friends: *“Leave me alone that I may take comfort.”* Many people do not give someone the first 24 hours or even 48 hours after a bereavement or after something tragic has happened, to allow them time to be alone and to recollect their thoughts. Some people might need you and want you to be there within those first few hours, but ask, do not overwhelm them. Do not make a hundred calls to them or checking up on them all the time. Just give them a bit of time for themselves. There will be a time when they will reintegrate and be with you again. If you are the person with the emotional injury, allow yourself time if you need time. If you need to be away from your family to recuperate, then do so. Do not run away, though.

After the reaction phase, we have the **PHASE OF REGENERATION**. Regeneration is when you've arrived at the hospital. They put you into the hospital bed and you will be treated by the doctor. The doctor will clean out the wound, remove the debris from your foot, splint your leg or put it in a cast, whatever it may be. If it doesn't need to be in a cast and only be bandaged, he will bandage it.

During this phase, you are slowly moving from immobilization and isolation into mobilisation. You can see more people, but not in the beginning. In the very beginning, when you get to the hospital, you are still immobilized and you are still not supposed to see people.

**IF YOU NEED TO SPEND TIME IN  
ICU FOR PHYSICAL INJURY, WHY  
NOT TO TAKE TIME IN ICU FOR  
EMOTIONAL INJURY?**



You still have to lie in the hospital bed and not move until the doctor has sort of fixed you. There is a reason for this. When you go into the operating theatre or into ICU, you need the time during the next let's say 4 to 24 hours to heal. You need not be moving around too much so that the body can heal itself. This is speaking about a physical injury.

Also give yourself time in your **emotional** distress so that your body can heal itself. Do not try and do it for yourself. You cannot heal yourself. Only your body can do that. Depending on the severity of the physical injury, you can be in the hospital for anything from 4 to 24 days because that is how long it takes the tissue of an injury to repair. That is when the immobilization phase becomes a bit more active. Mobilization is slowly introduced as part of rehabilitation. A physiotherapist will come and help you to do a few types of exercises which are usually isometric exercises or basically stationary exercises. Where you would maybe stretch out your hand and hold it in the air for the count of 10. They would do gentle stretching with you. They would introduce it slowly and at a pace that is acceptable for your type of injury.

But you forget this when it comes to an **emotional** injury. You forget that even in the days coming, there might be times when you are not going to be ready emotionally to start walking again. There will be times when you are not yet ready to stretch to the full ability of your mental and emotional capacity.

However, you can slowly start to open up, whether it is to people or to God. I recommend God, because God understands everything. When you've suffered emotional pain, you normally go to people and they often say things that hurt you so badly that it does not help you.

**TIME IS NEEDED TO HEAL AND  
OVERCOME THE EFFECTS  
EMOTIONAL DISTRESS HAS  
CAUSED.**

They are not experts in the field of emotional well-being, but they are trying their best, so please be patient with them. If your friends are not being helpful, slowly but surely mobilize your own emotional movements. Go to the Lord and talk to Him. Tell Him about your hurt. Ask Him to help and sustain you. Ask Him to help you to become a little more flexible and to heal your wounds.

There is the time to rest, but there is also the time when you have to start standing up from the hospital bed again. There is a time for you to start to learn to walk again. Proverbs 24:16 talks about this emotional well-being: *“For a righteous man falls seven times, but he gets up again.”* You have to learn that there will be a phase where you are going to be a bit immobilized, but remember that there is going to be a phase when you have to start to be mobilized again. That will encourage the regrowth of blood vessels and muscle fibres in the case of physical injury.

I believe it is also going to encourage the regrowth of your **emotional** well-being and your emotional muscles so that you can become strong to face the challenges of the day again. It also decreases the emotional scars. The way you are going to be regenerated while you are in, let's call it Jesus' hospital, is by going to the Lord, because He is your great physician. He is your physiotherapist. Psalms 138:3 says: *“You answered me when I called to You; with your strength You strengthened me.”* The physiotherapists allow the patients to lean on them, to use their strength to learn to walk again. God is going to be your strength, says Psalm 138:3. Isaiah 41:13 says: *“I, the Lord your God, will hold your right hand, saying to you, ‘Fear not, I will help you.’”* The Lord is going to hold your hand, to help you to mobilise and to start to learn to walk again. He will sustain you by holding your hand and walking with you.

THE LORD IS THERE FOR YOU TO  
LEAN ON WHEN YOU DON'T HAVE  
THE PHYSICAL OR EMOTIONAL  
ABILITY TO KEEP GOING.

Romans 14:4 says: *“He shall be made to stand; for the Lord hath power to make him stand.”* Emotionally speaking, the Lord is going to be the One who will help you in the regeneration phase. Where we move from: “I cannot move because my leg is broken” to “My leg is busy healing and now I can learn to stand and walk and stretch a bit and do small exercises.”

Then the time comes for you to leave the hospital and to go back to your home environment, back to work and back into society. Basically isolation stops there. Yes, people were able to visit you in hospital, but only a limited number of people. When you've suffered emotional injury or emotional distress, oftentimes you force yourself to be social, you force yourself to go out. You might even make the pain worse because the people you are forcing yourself to be with, might be the ones who hurt you.

Yes, there is a time to say: “You've been around me, but now I need to isolate again.” But when you get back home, speaking within the idiom, there will be a time when you have to reintegrate into society, when you have forgiven, when you are moving beyond the pain. You have healed and you are able to move on, past that pain. Forgiveness is taking place and you spend time with people, sometimes even with those people who have hurt you. Mobilization now kicks up a notch and you are back on track. You have healed, but now you need to be strengthened.

The **REMODELLING PHASE** is where you strengthen your muscles, where you increase your flexibility. When you have broken a leg, this phase can take between 24 days to two years to get back to your previous level of strength. A biokineticist or a strength and conditioning coach can assist you in this stage.

**AFTER EMOTIONAL INJURY YOU  
WON'T BE THE SAME, YOU MUST  
TAKE TIME TO REMODEL AND  
REDISCOVER THE NEW YOU.**

They will help you to do exercises which include the full range of motion. What that means is that you are going to do the exercises properly, not those small little exercises you used to do when you were still busy healing. It is going to strengthen your muscles and it will also create new muscle fibres so that your body can be stronger than what it was before.

According to me, this is the level in our **emotional** well-being that we need to get to. Oftentimes we get stuck within one stage. We get stuck in the immobilization stage or we get stuck in the stage where we are busy regenerating, doing small little things. We do not get to that stage where we are healed, where we start living life again, emotionally speaking. Emotionally, the remodelling stage is where we have healed, where we have moved past the emotional scarring. Yes, we still have those scars, but we are able to grow our lives again, to live our lives to the best of our ability and to get back on track and even become emotionally stronger than what we were before. We return to our original, regular functionality again and we regain our full strength. Isaiah 41:10 says: *“Do not fear, for I am with you. Do not be dismayed, for I am your God. I will strengthen you and I will uphold you with My righteous right hand.”* It is so beautiful when we see these verses and the language the Bible uses to describe that God is the One who strengthens us. He is the One who holds our hand. He is our strength. He is the One who is going to assist us, to help us to stand up again. He is the One who is going to make us stronger.

Not only is He going to make us strong, but Isaiah 40:31 says: *“Those who trust in the Lord will find new strength, they will soar high on the wings of eagles and they will run and not grow weary and they will walk and not grow faint.”*

**DO NOT FEAR I AM WITH YOU. BE  
NOT DISMAYED I AM YOUR GOD. I  
WILL STRENGTHEN YOU AND I  
WILL UPHOLD YOU.**

To me this is so beautiful. It demonstrates that the remodelling phase is also part of what God does for us. He strengthens us. Not only does He help us to stand, not only does He help us to walk and does He hold our hand while we are walking, but He is going to strengthen us so that we can run again, so that we can live life with meaning, so that the emotional scars and the distress we have gone through, will no longer hold us back, so that we will not be injured more by the stress that we have gone through.

When emotional tragedy hits you, ask yourself the following question: "What phase am I in?" It is going to help you to understand whether it is okay to be immobilized, whether it is okay for the time being to isolate, whether you still need to be stabilized or to be assessed to determine what exactly is happening to you. "Why am I in distress?"

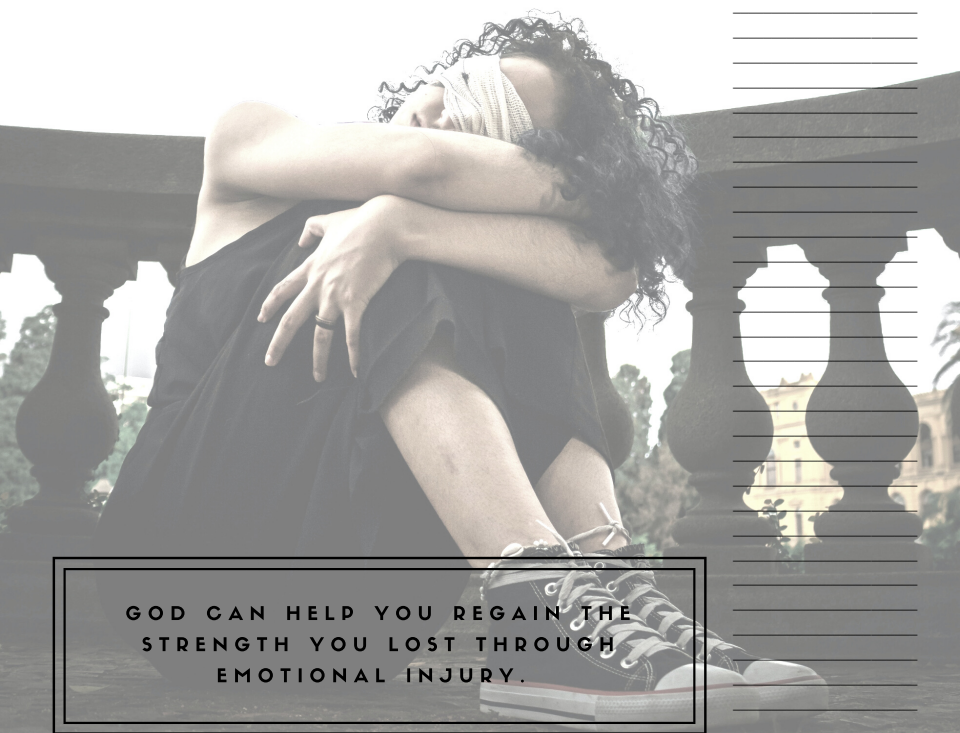
Or are you in the regenerative phase where you slowly are talking about what has happened to you, opening up a little bit to the Lord, saying to the Lord: "You have stabilized me. You have immobilized me. You have isolated me. I have come to You for help. Help me to work through this problem. Please assess what has happened and how I can slowly start to heal." The Lord says that He is going to hold your hand. Or are you already in the remodelling phase?

Have you perhaps gotten stuck somewhere? Are you supposed to have been running while you still haven't even started to stand up or started to walk? You see, we should not get stuck in any of the four phases, but we also do need to realise that some of these phases take a bit longer than the others. The remodelling phase is the longest phase – the phase where we strengthen and we learn to run again. The regeneration phase where we heal, is shorter.

**BE AWARE OF THE EMOTIONAL HEALING PHASES, AND BEWARE AGAINST GETTING STUCK IN ONE PHASE OF HEALING.**

The reaction phase where we stabilize, immobilize, isolate and assess is even shorter. The destructive phase, with God's mercy, will also be short. It is not really for us to decide, because unfortunately those things are outside of our control.

We need to pray and realise that our Lord is all things to us. He can help us to soar on the wings of eagles and He can help us to regain the strength which we've lost through emotional injury. My prayer for you is: be kind to yourself, be kind to others and help them. Assist them where you can. If you cannot, point them to the Lord because He is our Great Healer.



**GOD CAN HELP YOU REGAIN THE  
STRENGTH YOU LOST THROUGH  
EMOTIONAL INJURY.**

# Podcast



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