

## STUCK EMOTIONS, WHAT ARE THEY?

“Emotion is a **complex experience of consciousness, bodily sensation, and behavior that reflects the personal significance of a thing, an event, or a state of affairs.** It is a strong feeling, often accompanied by a physical reaction. Aristotle defined emotions as "all those feelings that so change men as to affect their judgements, and that are also attended by pain or pleasure.” (Britannica).

When God created man, He created him with body, soul and spirit. The soul dictates man’s doings. It is a word for the intellect, the will and emotion. Without the soul, man would be without action. Emotions are feelings; they can be happy or sad depending on circumstances. So, emotions are affected by positive or negative circumstances. They are expressed through tears, especially in women. It is the part of the soul and it affects the organs of the body. When we cannot let go of past emotions, we hold them in the organs, weakening them with diseases. One thing that many of us hold onto is bitterness with unforgiveness. The emotion that expresses anger gets stuck in the liver, if not dealt with. The Bible tells us, “Be angry and sin not; do not let the sun go down on your anger- do not give the devil an opportunity” (Eph. 4:27). A child, when traumatized in the atmosphere of abuse against him, will without a doubt, suffer the emotional consequences of stuck emotion through his life. This will constitute an open door to the devil, who prowls over us to destroy us. As a matter of fact, the mind is a battlefield most fought for, since it is through it that Satan has access to its control. Peter said, *Be well balanced, be vigilant and cautious at all times; for that enemy of yours, the devil, roams around like a lion roaring, seeking someone to seize upon and devour (1 Peter 5:8).*

Good emotions are essential for the construction of a good and strong character. The Bible encourages us to be kind, compassionate, loving, forgiving. While our Lord YAHSHUA was being crucified, He prayed forgiveness for those who were crucifying Him. The emotion that reflects the Lord in our life is love, for love forgives and overlooks an offense. In love we develop positive thoughts that guide us to positive emotions. Paul said, *For the rest, brethren, whatever is true, whatever is worthy of reverence and is honorable and seemly, whatever is lovely and lovable, whatever is kind and winsome and gracious, if there is any virtue and excellence, if there is anything worthy of praise, think on and weigh and take account of these things (Phil. 4:8).* The main reason for stuck emotions is unforgiveness and self-pettiness. Learning how to let go and let God take vengeance on those who offended us, is a good way to let go of them. Stuck emotions are doors for the devil to control our thoughts. Cain expressed jealousy toward his brother and in anger, he killed him. He held onto the fact that his offering was not accepted by the Lord, but his brother’s was. “Without the shedding of blood, there is no remission of sin.” The Lord said to Cain, “Why are you angry? And why do look sad and depressed? If you do well, will you not be accepted? And if you do not do well, sin crouches at your door; its desire is for you, but you must

master it” (Gen. 4:6-7). Stuck emotion in the life of Esau against his brother, Jacob, almost caused him to kill him. To this day, stuck emotions of anger and jealousy have governed his descendants as well as in Ismael’s the half-brother of Isaac and in Esau Jacob’s twin brother. For this reason, the Middle East is a place empty of peace. Only when the Prince of Peace -YASHHUA comes will He bring peace to all.

Stuck emotions are something we carry to the grave. They have never helped us to advance spiritually, neither emotionally. As a stone in the way of progress, so it is in the way we live our life. YAHSHUA encourages us to let go of them, for they are destroyers of our relationship with God; destroyers of peace and joy, which emanate from the fruit of Holy Spirit. *For it is, love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. Against these things there is no law (Gal. 5:22-23).* People of faith will walk by the Holy Spirit -Those who have their life in God. The Word says, Blessed and favored by God are the people of faith (Gal. 3:9). Faith is the force behind all victories own. As we are forgiven, we must forgive others. Otherwise, we will stand guilty before our God. Holding emotions against others, we are holding them guilty and holding ourselves slaves of sin. The body suffers, marked by bitterness that will take us to the grave, if we do not rid of destructive stuck emotions. YAHSHUA said, If you forgive the sins of anyone, they are forgiven; if you retain the sins of anyone, they are retained (John 20:23).

*“When an individual is traumatized, especially early on in life, the memory of the trauma is stored both in the brain and the body,” explains Carla Marie Manly, PhD, a clinical psychologist, trauma specialist, and author based in Sonoma, California. “As a result, if healing does not occur, the traumatic incident can impede healthy development.”* It will be a vicious cycle in the life of that individual, for stuck emotion robs the essence of vitality of the soul. Always turned to the past that individual will never succeed. Paul said, *Forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal to win the prize to which God in Christ YAHSHUA is calling us upward (Phil. 3:13b-14).* The point in time in which the trauma happened will always be alive in the brain; the body in return, will suffer. As a matter of fact, **anger** affects the heart and liver; **shock** attacks the kidneys; **stress** weakens the heart and brain; **worry** weakens the stomach; **fear** affects the adrenals and kidneys; **anxiety** weakens the digestion system and **sadness or grief** weakens the lungs. The physical part of the body is very much connected with the soul. You see, unprocessed emotions will not vanish just for ignoring them. Anger, for example, can bring us persistent back pain; the emotional breaking of the heart is for real, not just symbolic. The brain, which is the emotional center of the body, is connected with all the organs of the body. They always communicate with each other, accomplishing what they were created for through the limbic system- the set of brain structure, supporter of emotion, behavior, memory, and olfaction and sense of smell.

Emotions, the feelings that expresses what is inside our being, must be controlled by the Holy Spirit. The past experience is gone; it should not be any longer part of our life, for it will only bring us diseases and perhaps premature death. YAHSHUA said, “No one who puts his hand to the plow and looks back is fit for the kingdom of God” (Luke 9:62). So, let’s leave behind the things of the past in order to pursue that which God has for us to accomplish while in this earth always like Paul, “straining forward to what lies ahead.” Remember Lot’s wife. She went nowhere, when she

looked back. *Strive to live in peace with everybody and pursue that consecration and holiness without which no one will see the Lord (Heb. 12:14).*

**THINK ABOUT IT!**