

Healing Negative Emotions the Biblical Way

Once there was a girl who was talented, pretty and smart. But she had a bad temper.

When she became angry, she said and did hurtful things. Her father became concerned about her and decided to teach her a lesson.

He gave the girl a bag of nails and a hammer.

“Whenever you lose your temper, go out back to that old fence,” he told her. “Take one of the nails and hammer it into the fence as hard as you can. Hold nothing back.”

Over the next few weeks, the girl did what her father asked. Eventually, all the nails were gone.

“Now, pull out one of the nails,” her father said. The girl did it.

The father then said gently, “Even though the nail is gone now, there is a hole left behind. You can patch it, but this fence will never be the same. That is what you do to others when you say or do hurtful things. You always leave a hole, no matter how many times you say you are sorry.”

Many Christians have “holes” left behind from past hurts. If you don’t allow God to heal them, they can impact your ability to love others and have a healthy relationship with yourself.

To help you manage your emotions and avoid creating “holes” in others, please read my e-book, ***Psalm Therapy: Healing Negative Emotions God’s Way***. In the book, you will learn how people in the book of Psalms dealt with emotions like feeling abandoned, angry, comfortless, doubtful, fearful and others.

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Be blessed in health, healing and wholeness. {[eo](#)}

Kimberly Taylor is the author of *The Weight Loss Scriptures* and many other books. Once 240 pounds and a size 22, she can testify to God's goodness and healing power. Visit [and receive more free health and weight-loss tips](#).