

How the Holy Spirit Wants to Restore Your Emotionally Scarred Soul

An old adage has it that “an ounce of prevention is worth a pound of cure.” Dr. Mark Rutland is a firm believer in that, especially when it comes to the condition of your soul.

The simple truth, Rutland says, is that hurt people hurt people, and the damage they can do to themselves and others is simply unacceptable in God’s sight. Rutland says that, while the altered life may well begin at the altar, it may need to continue in a counseling office. Ultimately, it is God who heals, but people must find the courage to be healed.

“People ask themselves, ‘Why am I struggling emotionally?’” Rutland told Dr. Steve Greene on a recent episode of “Greenelines” on the Charisma Podcast Network. “My emotions are damaged, and God is a healing God. They know there is a healing for them.

“But the second part of that is that they need to find the courage to say to a counselor or a pastor that they are struggling and that they need to be healed. Many people who are struggling with damaged emotions spend their lives blaming someone else. They will never be healed as long as they are doing that.

“People need to look in the mirror and say, ‘All right, this part is on me.’ Then they can start the process of getting healed with a professional that can really help them. Start internally by telling God that you want to be healed, and that you don’t want to be like this. Invite the Holy Spirit in, and then go get help.”

For more about the courage to be healed, listen to this

podcast.