

What Bones and Emotions Have in Common

Imagine what you would look like if you didn't have any bones. You'd be a glob because there would be no structure to your body. If you didn't have a skeletal system, what would change? You would not be able to climb steps, a mountain or go hand-to-hand to navigate monkey bars. You would be limited in movement and motion. You would not be able to raise your arms in worship.

Imagine what you would experience if you didn't have emotions. While that may sound good at times, you would miss so much. You'd be an emotional glob with no structure and no life. Why? Because emotions range from anger to joy, disappointment to delight, sadness to hope and anxiety to peace, to name a few. Emotions are part of God's design.

Both bones and emotions require proper nourishment to stay healthy. If they do not receive what they need to grow and become strong, we are likely to have ongoing issues.

The other thing that both bones and emotions have in common is that they can break. However, God designed both so they can also be reset and healed.

There is also a considerable difference in the healing journey. In the natural, some bones heal well while others can leave us with a limp or a limitation that we don't expect. Emotional wounding can be healed by God so that rather than a limp, we have a testimony.

There are many ways our emotions become wounded. It can be the pain of the school years—the teasing, name-calling and exclusion. It can be the trauma of an abusive childhood or marriage. The horror of rape. The memories of war. The heartache of losing a loved one. The devastation of a terminal

illness diagnosis.

While some bone breaks heal without help, others must be set or cast, and some even require surgery. In the natural, we head off and seek medical attention. Emotional wounding and breakage are different. Many people are likely to hide, wear a mask and attempt to bury or cover up the pain.

We need to understand that Jesus warned us that we would encounter trials and tribulations as we go through life. However, He also told us to be courageous (see John 16:33). While many of us know the portion of the verse that talks about trials and tribulations, we tend to forget the second half of the verse where Jesus tells us to take courage because He has already overcome. What would change if we placed more emphasis on the last part of that verse? I believe that hope would thrive amid trials, and we would not break because our focus would be on the Lord.

The healing journey requires courage. It can be challenging to be vulnerable. It can also be a challenge to find a whole, healthy ministry to trust with our hearts.

There is no shame in seeking help. God has gifted both our mental health professionals and our emotional healing and deliverance communities. Within any industry or profession, we have some safe and trustworthy individuals who adhere to biblical principles and guidelines and those who do not.

James 1:5 states that if any of us asks God for wisdom, He will give it. Don't back off and sink into your pain; instead, grab onto God and step into your healing.

What do bones and emotions have in common? Both bones and emotions can heal. When we are talking about emotional healing, the issue becomes do you want to limp through life, or do you want to experience God's complete healing? You are created to walk in healing, experience emotional health and experience the fullness of who God has created you to be!

Interested in a model of emotional healing and deliverance that is biblical, sound, safe, powerful and effective? Check out Mashah Ministry today! Click [here](#) to be trained in Mashah Ministry, and click [here](#) to learn how to receive ministry from a Mashah team. {eo}

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Ruth is an ordained pastor, itinerant speaker, ministry trainer and board-certified biblical counselor who has extensive experience in the development, training and oversight of emotional healing ministry teams, recovery ministries, prophetic ministry, prayer ministries and women's ministry. In addition, she is a course facilitator for Patricia King Institute and Charisma courses. She writes for Elijah List and Charisma and has a podcast titled *Real Truth with Ruth*. Through biblically based teachings and practical applications infused with love and laughter, her goal is to introduce people not only to the living God who saves but also to the God who desires an intimate relationship with each one of us. Her latest book, *Everyday Prophetic*, will help you find the prophetic voice that God has given you. Visit her at her website at [or](#) find her on Facebook or YouTube, and listen to her podcast *Real Truth with Ruth*.

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