



The House of Hope Atlanta

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2021 Focus: GOD F.I.R.S.T

Series: “EMOTIONAL DETOXING”

Part 2: RESTORE

“And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ. Faithful is he that calleth you, who also will do it.”

1 Thessalonians 5:23-24 KJV

1. Humanity is made in the “*imago dei*”...image of God.
2. In **Genesis 1:26**, the Hebrew word for God is *Elohim*.
3. *Elohim* carries the idea of plurality.
4. Humanity is “**Trinitarian**” in nature.
5. Humanity is comprised of spirit, soul & body. The soul is the seat of the emotions, mind, personality & feelings.

Often the soul/emotions/mind is the least attended to area of the human being. Imbalances can easily occur in the emotional realm.

“Emotional imbalances are invisible and deeply colored in deception, creating pain through internal struggles long past that still control our consciousness. During these imbalances we encounter depression, anxiety, mood swings and unannounced behaviors.”

- We tend to fiercely protect imbalanced emotions
- Our protection of imbalanced emotions make us emotionally vulnerable
- We often keep our most uncomfortable/painful emotions silent and hidden
- We hold these emotions as sacred and work to avoid reliving the painful moments

~Dr. Celina Pina

Emotional detoxing helps us recover the toxicities that were created by past inequities, deceptions, losses, intrusions and traumas.

- We tend to hide our darkest recollections
- We bury our pains in rooms, making the rooms sacred
- These pains become intruders and take up residence
- These intruders can easily dominate our lives
- Emotional toxicities block, stop and flatline us.

“And they came over unto the other side of the sea, into the country of the Gadarenes. And when he was come out of the ship, immediately there met him out of the tombs a man with an unclean spirit, who had his dwelling among the tombs; and no man could bind him, no, not with chains: because that he had been often bound with fetters and chains, and the chains had been plucked asunder by him, and the fetters broken in pieces: neither could any man tame him. And always, night and day, he was in the mountains, and in the tombs, crying, and cutting himself with stones. But when he saw Jesus afar off, he ran and worshipped him, and cried with a loud voice, and said, What have I to do with thee, Jesus, thou Son of the most high God? I adjure thee by God, that thou torment me not. For he said unto him, Come out of the man, thou unclean spirit. And he asked him, What is thy name? And he answered, saying, My name is Legion: for we are many. And he besought him much that he would not send them away out of the country. Now there was there nigh unto the mountains a great herd of swine feeding. And all the devils besought him, saying, Send us into the swine, that we may enter into them. And forthwith Jesus gave them leave. And the unclean spirits went out, and entered into the swine: and the herd ran violently down a steep place into the sea, (they were about two thousand;) and were choked in the sea. And they that fed the swine fled, and told it in the city, and in the country. And they went out to see what it was that was done. And they come to Jesus, and see him that was possessed with the devil, and had the legion, sitting, and clothed, and in his right mind: and they were afraid. And they that saw it told them how it befell to him that was possessed with the devil, and also concerning the swine. And they began to pray him to depart out of their coasts. And when he was come into the ship, he that had been possessed with the devil prayed him that he might be with him. Howbeit Jesus suffered him not, but saith unto him, Go home to thy friends, and tell them how great things the Lord hath done for thee, and hath had compassion on thee. And he departed, and began to publish in Decapolis how great things Jesus had done for him: and all men did marvel.”

Mark 5:1-20 KJV

1. **Tell Your Story.** Do not live with these radicals. Let go of the pain. **Mark 5:20**
2. **Forgive Yourself First.**
3. **Confront Your Internal Turmoil.** Break down the walls that are holding you captive. **Mark 5:7**
4. **Recognize The Truth Of Past Events.** Process these events until all truths have been uncovered, disclosed and documented. Do not fear accessing pain; dig deep into your emotional banks and pull out all the emotional toxins. **Mark 5:9**
5. **Analyze &Release The Four Emotional Congestions: Fault, Blame, Guilt & Shame.**
6. **Rewrite Your Story.** **Mark 5:15**
7. **Engage In Self-Discovery.** **Mark 5:18**
8. **Rebuild Your Empowerment Platform And Position Yourself Anew.** **Mark 5:19-20**