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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Junk Heap That Heals

By Virginia Reeves

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How many of you have heard the term emotional baggage? That's the negative notions and emotions we carry around with us. Some people try to justify it with statements of a dysfunctional family. Others blame poor schooling. Fate gets a bad name too. As I was going through one of my folders on self-esteem, I rediscovered an article published by Sunshine Magazine in September 1990. If I like an article, it gets clipped or copied and I actually have a good filing system for all sorts of topics. I've had a couple of issues in my life recently that I need to dump so this article caught my attention. The old saying of teaching what you most need to know is so true. Perhaps it will help you or someone you know. It was taken from the Kleinknecht Gems of Thought Encyclopedia.

"Good, like truth, is the same yesterday, today, and forever.

In addition to doing a good deed, junk something every day. Junk your fears, junk your worries, junk your anxieties, junk your little jealousies, envies and hatred. Whatever interferes with your getting up and getting on in the world – junk it!

Every night before you go to sleep, put upon the junk heap all your disappointments, all your grudges, your revengeful feelings, your malice. Junk everything that is hindering you from becoming a big, strong, vibrant character.

The trouble with most of us is that we have no junk heap of this sort. We pull all our mental enemies, all our handicaps, our discouragements, our losses, our troubles and worries and trials along with us every day. That consumes more than 50 percent of our vitality and energy, so

nightly junk pile, or write it down and then burn or rip to shreds the piece of paper, or go outside and vent it verbally while letting the breeze carry it away. May you find peace and increased energy.

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Scripture For When You Have A Broken Heart

By "Dr. Jay Snell"

The Scripture below is very special to all of us. We are aware that God heals our bodies. We also need to be aware the He heals our broken hearts.

Ps 147:3 3 He healeth the broken in heart, and bindeth up their wounds. (KJV)

He not only heals our broken heart, he binds up our wounds. Think back over your life. How many heart wounds we have all had? But thank God that he comes through with a healing for our hearts so we can carry on for him and our families.

The pain all of you have felt in your lives is staggering. But think again. The Bible says Jesus was touched with the feeling of our infirmities.

Heb 4:15 15 For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. (KJV)

Infirmities, here, translates a Greek word that is a combination of two words. It combines the Greek negative with the word for strength. In the above verse it means the absence of strength. It means no strength at all.

In other words, when we have heart wounds to the breaking point, we are drained of strength. We are drained of the will to go on. This is a helpless, hopeless feeling. This is the meaning of the above expression, the feeling of our infirmities. It is a weakness we actually feel.

No matter what we must go through, Jesus has already "been there and done that." He knows from personal experience our hurts, our wounds, our pains and our feelings of no strength to carry on.

Jesus has been tempted and/or tried in all the same points where we have been tempted and/or tried. He has felt what you have felt and has made it through. Consequently, he heals those of us who are broken in heart and then He binds up our wounds.

How good to know that Jesus understands us. How good to know that he can identify with us when we pain and grieve. He was indeed touched with the feeling of our infirmities. How good to know that we

can identify with him in this.

Dr. Jay Snell, Evangelist and Author Jay wrote the definitive set of four books on the promises for Christians in the Abrahamic covenant. These books were presented many, many times on Trinity Broadcasting Network.



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