

Module 1: Healing From Your Negative Emotions

Mapping of Negative Emotions

Start in the middle of the page by writing down your negative emotion and a brief description of how you experience it, then draw a box or circle around this item.

Examples: Tightness in my chest
 Sore shoulders
 Racing thoughts

Write words and phrases around this central item which describe events or people you believe relate in some way to your experience of it. As you write these down, draw a box or circle around each one and link them with lines as they are related.

Examples: A person's name
 An event that happened at work
 A child's behavior

Stemming from each of these items, add emotions and beliefs which come to mind.

Examples: I am ashamed about...
 I feel hurt by...
 It's too late.

After 5-10 minutes dedicated to this process, select the item which resonates the most as the cause of your negative emotion or choose a theme which has emerged. This is the topic you will focus on in the following Trinitarian Prayer writing process.

Expressive Trinitarian Prayer Journaling

There are many different ways to enter the expressive journaling process. This is one of my preferred methods, because it intentionally involves God and invites His oversight and direction.

Addressing the Father:

- In your writing, refer to God in whatever fatherly manner is most comfortable to you: Abba, Dad, Heavenly Father, etc.
- It's important to remember that you are a child and that God is your good parent. You can feel free to express your emotion and anger to Him in ways that might seem counterintuitive.

Example: I am afraid of...
 I am angry at...
 I wish they would just go away...
 Why can't they...

- Write with abandon, not worrying about grammar, neatness, or legibility. Aim to fully express your emotions and even discover emotions you didn't know you had. Some of these may seem irrational, and that is good – there is no need at this point to contemplate why the other person is justified in their choices or why you shouldn't feel the way you do.

Addressing the Son:

- Write to Jesus in reflection of what you have discovered so far.
- Ask questions about the events that are creating adversity for you and also about His purposes in the lives of the people connected to them.
- Confess any sin that has become evident.
- Ask Jesus for what you want.

Addressing the Holy Spirit

- Start by writing a prayer along the following lines: "Spirit of God, I know that You are with me. I know that You care for me. I know that You have spoken clearly to me through Scripture, through community, and in other ways. Please open my ears to Your wisdom and truth. I will listen."
- It is very important to write your name down followed by a comma and then write what you hear, so that the form is of the Holy Spirit addressing you directly. If you have any question afterwards about whether what you heard is of God, you can take it to people you trust to discuss.
- This takes practice, and there are not a lot of guidelines that can be given. Stay alert to song lyrics, Scripture passages, stories from the Bible, and words and images that come to mind.

Proclamation of the Kingdom

- Taking into account all that you have thought, expressed, and heard during this session, write a paragraph or a list of bullet points expressing what you have discovered and what you intend to do.

Suggestions

- Choose a Psalm or passage of Scripture that is important to you and read it slowly 3-4 times before beginning this process.
- Build a playlist of Village or other worship music to listen to while journaling in this manner.