

Free Sample of:

EMOTIONAL
HEALING
through
SCRIPTURE

A 40-Day Devotional to Experience
Restoration, Recovery, and Peace

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Welcome

Welcome to your journey of emotional healing. Before you step over the threshold, there are a few things to keep in mind.

First, in God, we are one. Therefore, I'll often address you as I would address a beloved friend.

Second, these readings are going to ask something of you. Mostly, a willingness to see yourself as you are and not as you wish you were. That means you'll inevitably be working with some unaddressed pain and darkness within you.

Third, you'll need to understand that the way out of your pain is through, not around or over. So, while it might hurt, you can be at peace knowing you're moving through it to the other side.

Fourth, there's an exercise at the end of each devotional. It will require writing, so a journal or notebook will be needed.

Last but not least, keep in mind that God is love (1 John 4:16). This is vital. Along your journey of emotional healing, you'll encounter dark forests and deep valleys. During these times, your mind may not be able to comprehend where this is all heading. Be at peace knowing that the specifics of your journey may not be clear right now, but one thing is for certain: You are being led into an experience of love, and that means both being loved and becoming love.

As a final note, be aware that you may notice two different author personalities as you read this devotional. Some of the time, the words came from my own mind. I drew on my memories and wisdom I've gained over the years. My intellect then pieced the information together and I worked it into this book. Other times, I wasn't thinking at all, and the words formulated onto the page from a deep well within me. If that sounds surprising to you, I assure you that I was even more surprised. In these moments, I had a sense that my job was to get myself out of the way as much as possible so as to not impede the words that were coming up from this inner spring within me. So, while my physical hands typed every word in this devotional, you may notice a shift in tone from time to time.

Day Three

Claim Your Right to Be Here

You created my inward parts; you knit me together in my mother's womb. I will praise You, because I have been remarkably and wonderfully made. Your works are wonderful, and I know this very well. My bones were not hidden from You when I was made in secret, when I was formed in the depths of the earth. Your eyes saw me when I was formless; all my days were written in Your book and planned before a single one of them began.

-Psalm 139: 13-16

This scripture is usually offered as a solution when people have low self-esteem. The context is normally something along the lines of, "Don't feel so bad about yourself because you are remarkably and wonderfully made by God!" Meh.

That never did much for me. In fact, I've never witnessed anybody, ever, respond to that by saying, "Oh my gosh, you are so right! I feel so much better!" I think we can find a different, more useful angle on this scripture.

What's missing when we offer this scripture to someone who's dealing with negativity about themselves is any sign of an actionable step. If someone tells you that you're remarkably and wonderfully made, you can't really do anything with that. And if you believe something is inherently wrong with you or weird about you, hearing that scripture isn't going to suddenly change such a deeply held belief.

Let's think about this scripture in a new way:

You were knit together by God. He knew you were going to be born into this world before you were conceived in your mother's womb. Therefore, ***act like you have a right to be here.***

Are you living life like you have no right to be here? Are you acting like you're an outcast, a strange person, or a weirdo of some sort? That's fair enough if you are acting that way, because you have your reasons and your negative images of yourself. But, is that how you want to continue living? Or do you want to act as if you have a right to be here?

God created you, so you have every right to be here. Even if people have torn you down, made fun of you, criticized you, tried to embarrass you, and shamed you, it doesn't change your God-given right to be here. Even if something about you is different than most other people, you have a right to be here because it was God's decision for you to be here.

Put aside the negative things you believe about yourself for a minute. How would you behave if you acted like you have a right to be here? If you being on this earth was just as important as anybody else being here (which, it is), what would you do? You might think, *Well, other people do such important things. They have many followers or they speak to large crowds. Other people are famous and I am not.* Truly, being in the limelight is not an indicator of the importance of the purpose God has for you. A more quiet, under-the-radar purpose from God is just as important in His eyes as one that involves being in the spotlight. Therefore, do not make the mistake of thinking that way. Conversely, maybe you indeed are meant to preach to crowds or garner a large following, but you have not moved in that direction because you deny yourself your God-given right to be here. Somehow, you think your talents and gifts don't matter as much as someone else's. Because

someone else is a great speaker or leader, you think that somehow diminishes your personal gift as speaker or leader. Cease the comparison game and embrace God's purpose for your life.

Are you willing to claim your right to be here and act as if you belong in this world?

Try This:

Write down exactly what you would do if you believed you had just as much right to be on earth and take up space as anybody else, including the people you most admire (whether you simply know of them or know them personally).

Next, are you willing to take action? For example, does something need to be said to someone in your life? Do you need to serve in a certain way or express yourself in a specific manner? Whatever it is you're sensing God is calling you to do, go out and do it as if He made you to do it—because He did.

Day Five

Use Your Gifts

Based on the gift they have received, everyone should use it to serve others, as good managers of the varied grace of God.

-1 Peter 4:10

Just as unexpressed pain can cause endless inner turmoil (like holding in grief instead of letting it out, for example), so can unexpressed gifts.

I was a full-time therapist at one point, but now I primarily write. Most of my time was going toward counseling clients, but there was a tremendous wave in me that wanted to crash on the shore of writing books. I was able to make time to do some writing, but I often had to hold the wave back inside myself because my energy was going toward appointments with clients. Daily, I was under tension because I was holding back the writing God wanted to express through me. The wave in the direction of writing was so strong that fighting it was exhausting me to the point of getting sick and losing sleep.

Once I rearranged my career—a huge task, yes—book after book poured out of me and the daily battle of wanting to write but not having the time to do so stopped eating me up from the inside.

In today's passage, notice the line "Based on the *gift* they have received." I understand now that it's called a gift because it brings joy not only to those you serve with it, but also to you, the one expressing the gift. It brings joy to the one expressing the gift, and that's why it's God's gift to you.

What gift is God wanting to express through you? What has it been like to hold it back? Do you notice tension within yourself, like something within you calling out to be expressed?

Try This:

If you had no self-judgment and no concern about what others thought of you, what gift would you allow God to give to the world through you? Write down what it is.

Next, write down your "reasons why not". Anything that sounds like, *I would do that, but . . . Or, I'd like to do such and such, but I don't think I'm good enough because . . .* Once all of your "reasons why not" are written down, ask yourself, "Are any of these reasons why not from God, or are they coming from either my own self-judgments or the Father of Lies?"

As an example, finances are a commonly cited reason why not. Even in such a scenario, the key is to ask God to help you take a step from exactly where you are. This might mean scheduling a meeting to talk with someone about how they went from zero to a thriving organization. It might mean breaking the project down into small steps, then breaking each small step down into an even smaller step. It's all too easy to believe, "I don't have the resources, so I can't do what I'm drawn to do." I encourage you to not live as if this lie is true. The reality is that you simply cannot know what will come from taking multiple tiny steps.

Day Seven

God Will Heal Your Heart

He heals the brokenhearted and binds up their wounds.

-Psalm 147:3

God has so many facets—more than our human minds can comprehend. As a society, we tend to fixate on certain facets of God and lose track of others.

A common facet our western culture becomes fixated on is doing things the right way. *If I do things the right way*, so the theory goes, *God will bless me and I'll go to heaven*. Someone with this outlook may find themselves going to church with the right amount of frequency, reading their Bible the right amount, and giving the right amount of time to serve others in all the right ways. These things are good, there's no doubt about that, and, at the same time, the underlying attitude may be transactional rather than the actions flowing from a healed, loving spirit.

In our western culture, we've all had this transactional attitude ingrained into us. "If I work hard enough, I can have a decent car and place to live." "If I treat you right, you'll love me." "If I go above and beyond, I'll get promoted." Many of the actions we take are to get something in return. It's how our society operates. This transactional attitude carries over into our faith. "If I'm good, God will bless me in this life and let me into heaven in the next."

Being so focused on doing things the right way keeps you stuck on one aspect of faith: The rules. When you're thinking about rules, you're concerned whether you're doing things well enough. But if you're always concerned about whether you're doing things well enough, how can you receive from God? Sometimes it takes a moment of saying, "I've been doing the best I can with my limited human capacity. Now, I'm going to lie down and let You take over." In such a moment, you might consider actually lying down in a surrendered position.

The beauty of surrendering is that it's a *receptive* stance. The universal gesture for surrender is dropping your weapon and raising your hands into the air. Having no weapon and your hands in the air is a vulnerable position. The person you've surrendered to can now do whatever they want to you. There's this prevailing opinion that surrendering is always a negative thing. I don't think so. I think it's more about choosing to surrender to the correct person or being.

If you surrender to a person who doesn't have your interest in mind, they'll likely take advantage of you with no regard for your interests. You'll be worse off after the fact. If you surrender to evil spiritual beings, they'll lead you on a path of harming and corrupting yourself and others. But if you surrender to a person who possesses more wisdom than you, they can lead you to the next step on your spiritual journey. If you surrender to a Divine Spiritual Being, namely God, that being will have your best interest in mind.

It would be wise to surrender to a being Who wants to, and can, heal your broken heart and bind up your wounds. It would be unwise to not surrender to such a being.

Remaining in a place of always trying to do things the right way is like never putting your weapon down. God is saying, "Here, let me hold you," and you say, "No, I've got this. I'm going to church, reading my Bible, and serving others. It's all

handled. But thanks for the offer.” God responds, “The purpose of doing all of those things is to lead you to an experience of Me. Here I am. But you’ll have to put down your weapons and armor so I can access your heart and touch your wounds.”

Try This:

You’ve been fighting the good fight for a long time. Maybe for such a long time that you can barely continue standing on the battlefield. You can’t clutch your weapon and keep your armor on *and* have your wounds tended to at the same time. Write down the specifics of what your weapons and armor are. What are the things you rely on to have a sense of “being on the right path”?

Are you willing to surrender these areas to God, the One who wants to heal your heart and bind your wounds, just for a moment? If you are, ask God when and where so that your safety is assured. This way, you can be at peace knowing it’s just you and Him.

At the time and place you and God agree on, name each of your weapons and set them down one by one. Then, assume a posture, both attitudinally and physically, that’s indicative of surrendering to the One who wants to heal your heart and bind your wounds. From here, He will take over. Let him.

The complete book is available on Amazon.

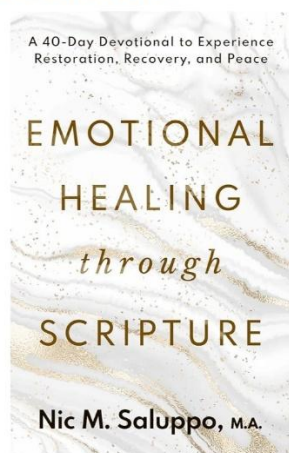
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Nic M. Saluppo

Emotional Healing Through Scripture : A 40-Day
Devotional to Experience Restoration, Recovery, and
Peace (Faith Series Book 1)

4.8 ★★★★★ (463) 4.6 on Goodreads (178)

Book 1 of 6: Faith Series



This book was very helpful in healing past trauma and self-doubt with scripture and words of wisdom.

-Customer Review

I’ve read them all—Chambers, Spurgeon, Tripp, Piper. This is the best devotional I’ve done.

-Customer Review

Expresses how to handle emotions with proof of scripture for each day.

-Customer Review

Bottom line if you want to start a real healing journey this is the book.

-Customer Review