

# Have you found God's prescription?

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In previous issues we've talked about how the process of emotional healing and transformation is voluntary. You don't have to do it. You will still go to heaven if you are a member of the kingdom of God regardless of the state of your personality. In heaven though, I'm presuming, and hoping, that we all get a new personality. Otherwise eternity..... will feel like an eternity.

Remember what I told you last month. There are only 2 groups of people reading this right now. You're either in recovery, giving God permission to change you, or denial and you're stuck.

I want to talk specifically to those of you who are in recovery and have given God permission to transform you. Those of you in denial are welcome to listen in. You may pick up some tips that you can use to help others.

Recovery is a process, it's a lifelong journey. It doesn't happen overnight or with a single prayer. Everyone recovers at a different pace. No 2 people have the same recovery journey because no 2 people have the same personal history or emotional baggage.

What works amazingly well for one person may be useless for the next. We must be patient with each other and not demand or expect people to change at the same pace. God deals with each of us individually, with a personal prescription for healing that matches our personal needs.

I learned this fact the hard way.

Some years ago my wife and I went through a very difficult time personally and emotionally. It was during that dark and painful year that I learned so much about human emotions and emotional baggage. The painful part was that I had to learn about my own baggage and my own emotions. It wasn't pretty.

You see I had always been in denial. I thought I was fine. I was a guy. I was a Christian guy. I was a Christian guy with a good job. All the bills were being paid. What could possibly need changing?

If I was single, then I probably could have stayed the way I was. But I was married and didn't want to become single.

My wife and I were struggling. We recognized that we could not have a long term successful marriage if we left these issues unresolved. I couldn't fix her. She couldn't fix me. We both felt powerless to change ourselves.

At that very dark moment of frustration and hopelessness we had the wisdom and

courage to go and get help from a professional. We went to a Christian counsellor.

It was such a relief to be able to unload our fears, hurts and frustrations onto someone who understood and knew what to do. He was able to make sense of our confusion. He showed us how to begin the recovery journey. He walked with us, kept us accountable and kept us from stumbling into the ditch of frustration and hopelessness which always seems so close when you are walking through a dark valley. Most importantly he showed us how God's word gave us keys to our recovery.

I learned that year that Christian counsellors were God's gift to the body of Christ.

Many of you are walking in that dark valley right now. You're asking yourself and God "Will it ever end, will I ever come out of this dark tunnel?" I sure remember how many times I asked God that same question.

Remember, everyone has a different path and a different timeline to recovery. The key is to stay in the recovery journey. Don't give up, keep at it and don't do it alone. Have the courage to get professional help from a Christian counsellor.

It's hard to hear God's voice when you are upset and in pain. It's much easier to hear your own voice, or that of Satan who will always want to push you into hopelessness and discouragement. I had to battle those same voices. This is where the counsellor was so helpful. He was able to help me train my ear to the voice of God so I could filter out the other unhelpful distracting voices.

The turning point in my journey came while I was reading some great books on personal healing by famous Christian authors. I was able for the first time in my life to recognize the voice of God leading me to freedom. It was life changing!

So I told my wife to read those same books so that she could have the same experience that I had. Here is a photo taken at our house when I announced this plan to her.

Like a faithful wife, wanting to get better herself, she read them all.

Nothing happened.

She told me that they were useless. The words just went in one ear and out the other. I was stunned. I couldn't believe that something so life changing for me could be so useless for her.

She just gave up reading books on healing and to get her mind off the recovery journey she picked up and read Anne of Green Gables. Then



something extraordinary happened. While she was reading this book God spoke to her right out of the story. God gave her a message that transformed her life and accelerated her recovery journey. His word gave her hope and the breakthrough that we had been praying for over so many months.

I found this very hard to accept. She was reading Ann of Green Gables. It was FICTION. It was non Christian fiction. How could God use that?

I had to admit that my prescription for her was wrong even though it was so right for me. I had to give her room to recover at her own pace. God was working in her differently than with me because we had different baggage.

I have to admit that my book *Emotionally Free*, as good as it is, will not cure everyone. Some will find it life changing, others will find it useless or even annoying.

There are many tools that God can use to touch people. Sometimes he uses things that you never would expect. What's important is to stay in recovery, giving God permission to transform you but always remembering that the path will be different for each of us.

The next time you get discouraged and think that the pain will never end, remember this verse,

*Philippians 1:6*

*Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.*

God will complete His work in you.

Stay in recovery

Remember, God wants you to be emotionally free.

***Dr. Grant Mullen is a mental health physician and author who lectures internationally on the keys to emotional recovery and healthy relationships. He has a special interest in the integration of medical treatment with spiritual and emotional healing models to see people and organizations transformed.***

***Dr. Mullen is the author of [Emotionally Free](#) , [The Breakthrough Solution](#) and the producer of [14 DVD's](#)***

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