



Educating Men for a Hope-filled Future

Healing for Damaged Emotions

Minds in Training (MIT)



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Healing of Damaged Emotions

Learning to live compassionately with ourselves as we allow the Holy Spirit to heal our past of guilt, poor self-worth, and perfectionism finding freedom from our pain and enjoy the abundant life God wants for us.

John 10:10

¹⁰The thief comes only in order to steal and kill and destroy. I came that they may have *and* enjoy life, and have it in abundance (to the full, till it [\[a\]](#)overflows).

II Timothy 1:7 (AMPC)

For God did not give us a spirit of timidity (of cowardice, of craven and cringing and fawning fear), but [He has given us a spirit] of power and of love and of calm *and* well-balanced mind and discipline *and* self-control.

We wait in hope for the LORD; He is our Help and our Shield! Psalm 33:20