

“A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh.” — Ezekiel 36:26 (KJV)

“O LORD, thou hast searched me, and known me. Thou knowest my downsitting and mine up-rising, thou understandest my thought afar off.” — Psalm 139:1–2 (KJV)

Emotional numbness is among the least recognised and most underestimated of the toxic emotional states, because from the outside, and sometimes even from the inside, it does not present as a problem. The numb person is often high-functioning, stable-appearing, and relationally present in a surface sense. What is absent is depth: the ability to feel the full range of human emotion, to be genuinely moved by joy, sorrow, beauty, or love, to inhabit one's own inner life with any real degree of access. The heart has gone underground.

Emotional numbness is almost always a protective response, the nervous system's solution to pain that was overwhelming. Dr. Bessel van der Kolk identifies it as a dissociative response to trauma: when the experience of feeling becomes associated with intolerable pain, the nervous system finds a way to reduce its own sensitivity, either through chronic dissociation or through the progressive suppression of emotional processing. The result is a person who has learned not to feel as a survival strategy, and who now cannot fully feel even when they want to.

Ezekiel 36:26 is one of the most remarkable promises in the Old Testament and it addresses this condition directly: 'I will take away the stony heart out of your flesh, and I will give you an heart of flesh.' The stony heart is the numb heart, the hardened, defended, emotionally inaccessible interior that has calcified around old wounds. God does not command you to feel more. He promises to perform the surgery Himself, to remove the stone and replace it with tissue that is alive, responsive, and capable of genuine emotional experience.

The pathway back from numbness always begins with safety, specifically, the neurological experience of being in the presence of someone whose acceptance is unconditional. Dr. Curt Thompson identifies this as the precondition for any genuine emotional reopening: you cannot risk feeling in an environment that does not feel safe. The practice for today is bringing your numbness, the absence of feeling, to God as honestly as others bring their pain. Telling Him: I cannot feel. I am not sure I remember how. And asking Him to restore the heart of flesh.

WHAT THE EXPERTS SAY

38 DAYS TO DETOX NEGATIVE EMOTIONS

“Many traumatized people feel as though they are watching their lives from a distance. They go through the motions but cannot feel their emotions. This is not apathy, it is a protective adaptation that has outlived its usefulness and now prevents access to both pain and joy.” — Dr. Bessel van der Kolk, *The Body Keeps the Score*

“You cannot risk feeling in an environment that does not feel safe. The reopening of emotional life requires the neurological experience of unconditional acceptance, the discovery that your internal reality will be received rather than rejected. God offers this. So can safe community.” — Dr. Curt Thompson, *Anatomy of the Soul*

PRAYER POINTS

1. Father, I bring You what may be the most difficult offering of these 38 days: not my pain, but my inability to feel. I am numb. I am not sure where the feeling went or when it left. But You know.
2. Lord, I ask for the surgery of Ezekiel 36:26. Remove the stony heart, the protective hardness that has become a prison. Give me a heart of flesh: alive, responsive, capable of feeling both Your grief and Your joy.
3. Holy Spirit, create safety inside me so that the feelings can come back. Begin the gradual, gentle restoration of emotional access, not all at once, but as much as I can bear, accompanied by Your presence.
4. I declare: my heart is not permanently stone. God is a surgeon, and He is performing this operation with the precision of One who knows every layer of what He is touching. I yield to His hands, in Jesus Christ's name.

In the mighty name of Jesus Christ. Amen!

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— From the Desk of Chief Seer, Dr. Andre Thomas —

DAY 34 | GRATITUDE — THE MOST POWERFUL EMOTIONAL RESET AVAILABLE

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