A 30-DAY JOURNEY

Set Free

from the Inside Out

Exploring the Emotion Code & Body Code
through the Word, Reflection & Prayer

Lions Arise

Before We Begin

Before we begin, here is a little about what we are doing and why.

The Emotion Code, developed by Dr Bradley Nelson, is built on a simple idea: our emotions are a kind of energy, and when an emotion is very strong or never fully processed, it can get stuck, or trapped, in the body instead of moving through and resolving. Over time, these trapped emotions can quietly affect how we feel in our bodies, our minds, and our relationships.

The Body Code is the wider system it comes from, looking at how the whole body holds and carries that kind of imbalance.

Here is the part that shapes our journey. Both teach that trapped emotions tend to settle in specific organs and body systems; grief and sadness in the lungs, fear in the kidneys, anger in the liver, worry in the stomach, and so on. The Word has spoken this way for a long time too, calling the heart the wellspring of life and describing sorrow that reaches the bones.

So for the next 30 days we will travel through the body, one system at a time, noticing what may be stored there and handing it to God for release.

Just bring your heart, and let God do the rest.

DAY 1

THE HEART-WALL (LOVE UNRECEIVED)

The Heart & Small Intestine

> **Proverbs 4:23**
> *"Keep your heart with all diligence, for out of it is the wellspring of life."*

TODAY'S TEACHING

Dr Bradley Nelson's Emotion Code describes something he calls the Heart-Wall, a build-up of trapped emotional energy that the subconscious quietly stacks around the heart to shield it after we've been hurt. For a season, the wall feels like wisdom. Over time, though, the same wall that keeps pain out also keeps love from getting in and from flowing freely back out.

The emotion that often sits at the foundation here is "love unreceived", love that was genuinely offered to you, but for some reason never quite landed. A mother who loved clumsily. A friend whose care you couldn't take in during a hard season. Today we don't tear anything down by force. We simply ask the Lord, the One who searches and knows the heart, to show us whether walls have gone up without our permission, and to begin softening the cement of that wall.

NOTICE & IDENTIFY

- Do compliments, help, or affection feel hard to take in, like they bounce off?
- Do close relationships sometimes feel "muffled", as if there's glass between you and others?
- Do you keep people at a careful distance without quite meaning to?

REFLECT

1. When in your life did it first feel safer to wall your heart off than to leave it open?
2. Who is on the other side of that wall right now, someone you long to feel close to again?

RELEASE & PRAY

Find a quiet seat and take three slow breaths, inviting the Holy Spirit to be present. Place a hand over your heart. Name it, aloud or in writing: "I've been carrying love unreceived, and a wall around my heart." Breathe in deeply and exhale, and then hand the wall to God.

> **PRAYER OF RELEASE**
> *Father, You see the wall I built when love hurt. I don't want to live behind it anymore. As I let go of the love I couldn't receive, soften my heart again. Make it a wellspring, not a fortress. Teach me to receive Your love and the love of those You've placed around me. In Jesus' name, amen.*

DAY 2

ABANDONMENT

The Heart & Small Intestine

> **Hebrews 13:5**
> *"I will in no way leave you, neither will I in any way forsake you."*

TODAY'S TEACHING

Abandonment is the felt sense of being left, not merely the event of someone leaving, but the imprint it stamps on us. In the Emotion Code, abandonment is held with the heart and small intestine, the very organs of connection and absorption. When it gets trapped, it quietly teaches the nervous system a rule: "People leave. Don't get too attached."

That rule then writes itself into how we love; we cling tightly, or we leave first to beat the pain to the door. But the God of the Word builds His covenant on the exact opposite promise. "I will never leave you" is just a saying to Him; it is His character. Today we bring the old rule into the light and let a truer One overwrite it.

NOTICE & IDENTIFY

- Does it trigger something deep when a friend goes quiet or pulls away?
- Do you over-give to keep people, or pull back first to protect yourself?
- Is it hard to believe someone is staying, really staying?

REFLECT

1. What is your earliest memory of feeling left or forgotten?
2. What do you do now to make sure you never feel that again, and is it costing you?

RELEASE & PRAY

Sit with your breath until your shoulders drop. Acknowledge the wound honestly: "I've carried abandonment, and the belief that people leave." Release it with a long exhale with your hand on your heart. As you breathe out the old rule, breathe in the promise: I am not left.

> **PRAYER OF RELEASE**
> *Lord, the One who never leaves, I release the abandonment I've held, every memory of being the one left behind. Where that wound has been writing my story, take up the pen. Let me feel, in my body and not just my mind, that You are here and You are staying. Amen.*

DAY 3

BETRAYAL

The Heart & Small Intestine

> **Psalm 147:3**
> *“He heals the broken in heart, and binds up their wounds.”*

TODAY'S TEACHING

Betrayal is a specific wound: it comes from someone we trusted, which is why it cuts the heart so deeply. In the Emotion Code, trapped betrayal can harden into a constant suspicion, a guardedness that treats every new person as a possible repeat of the old betrayer.

Jesus Himself was betrayed by one He had walked beside for years, so there is no part of this you will carry that He has not already felt. Healing here is not pretending it didn’t happen, and it is not rushing to excuse what was wrong. It is letting the Healer near the wound so it can close cleanly instead of festering under a hard scar.

NOTICE & IDENTIFY

- Do you assume people will eventually let you down?
- Do you test loyalty, or wait for proof before you trust?
- Does an old betrayal still flare up when something small reminds you of it?

REFLECT

1. Whose betrayal still lives in your body when you think of it?
2. What would it free you to do if that wound were truly healed, not erased, but healed?

RELEASE & PRAY

Breathe. Name it: “I’ve carried betrayal, and the suspicion it left behind.” You are not releasing the truth of what happened; you are releasing its grip on your heart. Use your release practice, exhaling the heaviness. Then ask the Healer Jesus to bind up the wound He already sees.

> **PRAYER OF RELEASE**
> *Jesus, You know betrayal from the inside. I release the wound I’ve carried and the walls of suspicion it built. I don’t want to live bracing for the next betrayal. Bind up this broken place, and teach my heart to trust wisely and freely again. Amen.*

DAY 4

HEARTACHE

The Heart & Small Intestine

> **Psalm 34:18**
> *"The LORD is near to those who have a broken heart, and saves those who have a crushed spirit."*

TODAY'S TEACHING

Heartache is one of the heart's deeper-row emotions in the Emotion Code, the literal ache of love lost, of longing, of grief that settles into the chest. Many women carry an old heartache for years, having simply learned to function around it the way you learn to walk on a sore ankle.

But the Word does not ask you to be near to God when your heart breaks; it promises that God draws near to you. The broken heart is not a place He avoids; it is exactly where He comes close. Today we stop walking around the ache and let it be tended.

NOTICE & IDENTIFY

- Is there a heaviness in your chest that has just become familiar?
- Do certain songs, places, or dates reopen an old ache?
- Have you learned to function around a grief instead of through it?

REFLECT

1. What heartache have you been carrying quietly, perhaps for a long time?
2. Have you ever let yourself fully feel it in God's presence, or only managed it alone?

RELEASE & PRAY

Place both hands over your chest. Let yourself feel the ache instead of bracing against it. Say, "I release this heartache to the One who is near." Move through your release practice slowly. Tears are welcome here; they are part of the release.

> **PRAYER OF RELEASE**
> *Lord, You are near to the brokenhearted, and that means You are near to me right now. I release the heartache I've carried so long I stopped noticing its weight. Come close to this tender place. Save my crushed spirit, and let me feel Your nearness as comfort, not just a concept. Amen.*

DAY 5

INSECURITY

The Heart & Small Intestine

> **Psalm 139:14**
> *"I will give thanks to you, for I am fearfully and wonderfully made."*

TODAY'S TEACHING

Insecurity, in the Emotion Code, is held near the heart, fitting, because it is fundamentally a question about whether we are lovable and enough. Trapped insecurity acts like a faulty mirror: it shows us a distorted reflection and insists it is the truth.

The psalmist looks at himself and arrives somewhere most of us struggle to reach, not at arrogance, but at awe: I am fearfully and wonderfully made. Notice he gives thanks. Security is not built by self-improvement until we finally measure up; it is received as a gift from the One who made us on purpose and called the making good.

NOTICE & IDENTIFY

- Do you compare yourself and almost always come up short?
- Do you need reassurance to feel okay, then need it again soon after?
- Does a critical inner voice narrate your day?

REFLECT

1. Whose voice does your insecurity sound like, where did it first learn to speak?
2. What would change in one relationship this week if you truly believed you were enough?

RELEASE & PRAY

Quiet yourself and breathe. Name it: "I release insecurity, and the lie that I am not enough." Use your release practice. As the faulty mirror comes down, ask the Lord to show you yourself the way He sees you, fearfully and wonderfully made.

> **PRAYER OF RELEASE**
> *Maker, You formed me with intention and called it good. I release the insecurity that has run my thoughts and shrunk my life. Quiet the critical voice that was never Yours. Let me see myself through Your eyes, wonderfully made, deeply loved, and enough. Amen.*

DAY 6

ANXIETY

The Spleen & Stomach

> **1 Peter 5:7**
> *"Cast all your worries on Him, because He cares for you."*

TODAY'S TEACHING

Anxiety is the body bracing for a threat, sometimes a real one, often it's only a perception. In the Emotion Code it is held with the spleen and stomach, which is why anxiety so often lands in the gut: the clench, the nausea, the appetite that vanishes or won't stop. Trapped anxiety keeps the alarm half-sounding even when nothing is wrong.

Peter's instruction is physical: cast, throw, your anxieties onto God, as if hurling a heavy pack off your shoulders. And he gives the reason that makes it possible: because He cares for you. You are not casting your cares into a void. You are handing them to Someone who is paying attention.

NOTICE & IDENTIFY

- Does your gut tighten, churn, or turn over when you're stressed?
- Is your baseline a low, constant hum of unease even on calm days?
- Do you scan for what could go wrong before you let yourself rest?

REFLECT

1. Where do you feel anxiety in your body, and what is it trying to protect you from?
2. What is the heaviest care you're carrying today that you could begin to cast onto Him?

RELEASE & PRAY

Place a hand on your stomach and breathe down into it until it softens. Name it: "I release this anxiety to the One who cares for me." Move through your release practice, and with each exhale picture setting one heavy bag down at His feet. He is strong enough to hold what you cannot.

> **PRAYER OF RELEASE**
> *Father, my body has been braced for so long I forgot it could rest. I cast my anxieties onto You, not because they're small, but because You are big and You care. Loosen the clench in my gut. Sound the all-clear over my nervous system. Let me rest in Your attention. Amen.*

DAY 7

WORRY

The Spleen & Stomach

> **Matthew 6:27**
> *"Which of you, by being anxious, can add one moment to his lifespan?"*

TODAY'S TEACHING

Worry is anxiety's busy cousin, the mind's attempt to control tomorrow by rehearsing it tonight. In the Emotion Code it sits with the spleen, the organ traditionally linked to overthinking and rumination. Worry feels productive; that is its great trick. It convinces us that if we just think about the problem long enough, we'll keep it from happening.

Jesus asks a very valid question: has worry ever added a single moment to your life? It cannot change the future; think of it as a transaction, it can only borrow tomorrow's trouble and spend it today, robbing you of the present where God actually meets you. He is the Great I Am; not was or will be, "Am" = present tense.

Releasing worry does not mean you don't care; it is trusting that God, who holds tomorrow, does not need your sleepless help.

NOTICE & IDENTIFY

- Does your mind run the same loop late at night?
- Do you mistake worrying about something for doing something about it?
- Do you struggle to be present because part of you is always in tomorrow?

REFLECT

1. What loop has your mind been running lately, never reaching a landing?
2. What might you receive in the present if you weren't living in an imagined tomorrow?

RELEASE & PRAY

Breathe and let your thinking slow. Name it: "I release worry, and the belief that I have to think my way to safety." Use your release practice. As you exhale, let tomorrow stay in God's hands and bring yourself gently back to today, the only day He's given you to live in.

> **PRAYER OF RELEASE**
> *Lord, I've tried to carry tomorrow, and it was never mine to hold. I release this worry and the loops that steal my sleep and my present. You already stand in my future. Free my mind to live in today, where You are. Teach me to trust You with what I cannot see. Amen.*

DAY 8

HOPELESSNESS

The Spleen & Stomach

> **Romans 15:13**
> *"Now may the God of hope fill you with all joy and peace in believing."*

TODAY'S TEACHING

Hopelessness is one of the heavier-row emotions in the Emotion Code's spleen-stomach column, a sinking conviction that things will not change, so why try. It is different from sadness; it feels like the quiet closing of a door. Trapped hopelessness drains motivation and dims the future.

The Word does not just recommend hope; it names God as the God of hope, the source rather than a feeling we manufacture. Hope here is not wishful thinking; it is confidence anchored in the character of our Maker who has not finished your story. Today we name the door that quietly closed, and ask Him to set His hand on the handle.

NOTICE & IDENTIFY

- Have you stopped hoping for something because hoping hurt too much?
- Does the future feel flat, gray, or pointless?
- Do you find yourself saying "what's the use" more than you used to?

REFLECT

1. Where have you quietly given up, and when did that door close?
2. What would it mean to let God be the source of your hope instead of your circumstances?

RELEASE & PRAY

Sit and breathe until you feel a little ground under you. Name it: "I release hopelessness and the belief that nothing will change." Use your release practice. As the weight lifts, you don't have to feel hopeful all at once, simply leave room for the God of hope to begin filling what hopelessness emptied.

> **PRAYER OF RELEASE**
> *God of hope, hopelessness has been a heavy fog, and I've stopped looking up. I release it now. I can't manufacture hope on my own, so I ask You to be its source in me. Fill what despair emptied. Reopen the door I closed, and let me believe again that my story isn't over. Amen.*

DAY 9

LOW SELF-ESTEEM

The Spleen & Stomach

> **Ephesians 2:10**
> *"For we are his workmanship, created in Christ Jesus for good works."*

TODAY'S TEACHING

Low self-esteem in the Emotion Code is held in the spleen-stomach center, the place of self-worth. It is the deep, often unexamined belief that you are less-than: less capable, less valuable, less worthy of good things than the people around you. Trapped, it becomes the lens through which you read every interaction.

The word Paul uses, workmanship, is very special. In Greek it carries the sense of a work of art, a masterpiece, a poem. You are not God's leftover or rough draft; you are His craftsmanship, made on purpose and for a purpose. Low self-esteem isn't humility; it's a misreading of who made you and why.

NOTICE & IDENTIFY

- Do you assume you're less capable or valuable than others in the room?
- Do you struggle to accept praise, or quickly deflect it?
- Do you settle for less than you need because part of you doubts you deserve more?

REFLECT

1. Where did you first learn to think of yourself as less-than?
2. If you truly saw yourself as God's masterpiece, what would you stop apologizing for?

RELEASE & PRAY

Breathe and settle. Name it: "I release low self-esteem and the belief that I am less-than." Use your release practice. As the old lens comes off, ask God to let you see what He saw when He made you, not a flaw to fix, but a work of art with a purpose.

> **PRAYER OF RELEASE**
> *Lord, I've carried a low view of myself for so long I mistook it for the truth. I release it now. You call me Your workmanship, made on purpose, for good works You prepared. Let that be the lens I see myself through. Lift my eyes to the value You've already placed on me. Amen.*

DAY 10

FAILURE

The Spleen & Stomach

> **Proverbs 24:16**
> *“For a righteous man falls seven times, and rises up again.”*

TODAY'S TEACHING

The feeling of failure, held in the spleen-stomach center, is not the same as the event of failing. We all fail at things; the trapped emotion is the identity that forms around it, “I am a failure” rather than “I failed at that.” That shift turns it into a label, and the label starts shaping what we dare to attempt.

Proverbs offers something different. The righteous person is not defined by never falling; they fall seven times. They are defined by rising again. Resilience, not perfection, is the mark of a life rooted in God. Today we release the label and reclaim the verb: not failure, but falling and rising.

NOTICE & IDENTIFY

- Do past failures still define how you see yourself today?
- Do you avoid trying new things to avoid the risk of failing again?
- Has “I failed” quietly become “I am a failure”?

REFLECT

1. What failure are you still carrying as an identity rather than an event?
2. What would you attempt if you trusted that falling wasn’t the end of the story?

RELEASE & PRAY

Breathe and steady yourself. Name it: “I release the feeling of failure and the label I made it into.” Use your release practice. As you exhale, let the identity dissolve. You are not a failure; you are someone God keeps helping to rise.

> **PRAYER OF RELEASE**
> *Father, I’ve worn failure like a name tag, and it shrank my courage. I release it. Thank You that the righteous fall and rise; that rising, not flawlessness, is the mark of a life with You. Lift me up again. Restore my courage to try, knowing You are the One who raises. Amen.*

DAY 11

SADNESS

The Lungs & Colon

> **Psalm 30:5**
> *"Weeping may stay for the night, but joy comes in the morning."*

TODAY'S TEACHING

Sadness is held with the lungs in the Emotion Code, the organ of breath, of sighing, of the heaviness in the chest we can't quite name. Sadness is not a problem to be fixed; it is an honest response to loss. Trapped sadness, though, is sadness that was never allowed to move through, swallowed, rushed past, ignored.

In our Psalms scripture we see that weeping will come. It is set within a larger truth: it stays for the night, but it is not the whole story. Morning comes. Today we give sadness permission to be felt and breathed out, trusting that letting it move through and be acknowledged is how morning gets to arrive.

NOTICE & IDENTIFY

- Is there a sadness you've been carrying that you never fully let yourself feel?
- Do you sigh often, or feel a heaviness in your chest you can't explain?
- Were you taught, somewhere, that sadness should be hidden or hurried past?

REFLECT

1. What loss have you not yet let yourself grieve?
2. What would it mean to trust that feeling sadness fully is the path to morning, not away from it?

RELEASE & PRAY

Breathe deeply into your lungs, then sigh it out, audibly. Name it: "I release the sadness I've held in." Use your release practice, letting each exhale carry some of the weight out of your chest. You are not getting rid of the love behind the sadness; you are letting the sadness move so it doesn't calcify.

> **PRAYER OF RELEASE**
> *Lord, You who breathed life into dust, breathe through me now. I release the sadness I've held in my chest, the grief I never let myself feel. Thank You that weeping has a night but joy has a morning. Let this sadness move through me, and let Your morning come. Amen.*

DAY 12

GRIEF

The Lungs & Colon

> **Matthew 5:4**
> *"Blessed are those who mourn, for they shall be comforted."*

TODAY'S TEACHING

Grief and sadness are related, In the Emotion Code it too is held in the lungs, which is why grief can feel like something pressing on your breathing, a weight you carry in the body long after the mind has "moved on." Trapped grief doesn't resolve on a schedule; it waits to be acknowledged.

Jesus calls mourners blessed, not because grief is pleasant, but because the God who comforts draws especially near to those who weep. He Himself wept at a friend's grave even knowing resurrection was coming. Grief is not a failure of faith. It is love with nowhere left to go, and God meets us inside it.

NOTICE & IDENTIFY

- Are you carrying a grief that others assume you're "over"?
- Does the weight of a loss still sit in your body, your chest, your breath, your shoulders?
- Have you allowed yourself to mourn, or only to cope?

REFLECT

1. Who or what are you grieving, even now?
2. Have you let yourself be comforted, by God, by others, or only managed alone?

RELEASE & PRAY

Place your hands on your chest and breathe slowly. Name your grief specifically: "I'm grieving ____, and I release the weight of carrying it alone." Move through your release practice gently. Grief may come in waves; let this be one wave that moves through rather than one more that you hold back.

> **PRAYER OF RELEASE**
> *Jesus, You wept, so You understand. I release the grief I've carried in my body, the loss the world thinks I should be past. I don't want to mourn alone anymore. Draw near as only You can. Let me feel the blessing You promised, the comfort of the God who weeps with me. Amen.*

DAY 13

SORROW

The Lungs & Colon

> **Revelation 21:4**
> *"He will wipe away every tear from their eyes. Death will be no more."*

TODAY'S TEACHING

Sorrow is the lingering ache that outlasts the painful days of grief, the low, ongoing sadness that becomes part of the background of a life. In the Emotion Code it sits in the lung center alongside grief and sadness, and trapped sorrow can quietly drain colour and joy from days that should hold joy.

The Word does not pretend sorrow away. Instead it points to a promise: a day is coming when God Himself, not an angel, not a system, will wipe every tear with His own hand. That future hope reaches back into the present. We can release sorrow now because we know how the story ends: with comfort, not with weeping.

NOTICE & IDENTIFY

- Is there a low, ongoing ache that's become part of your normal?
- Do you struggle to fully enjoy good moments, as if sorrow is always in the room?
- Has sorrow drained colour from things you used to love?

REFLECT

1. What long-running sorrow have you simply learned to live alongside?
2. How might it change today to live toward the day when God wipes every tear?

RELEASE & PRAY

Breathe and let your face soften. Name it: "I release the sorrow I've carried in the background of my life." Use your release practice. As you exhale, picture His hand reaching to wipe your tears, not someday only, but beginning now.

> **PRAYER OF RELEASE**
> *Father, sorrow has been my quiet companion so long I stopped expecting joy. I release it to You. Thank You for the promise that You will wipe every tear with Your own hand. Let that future comfort touch me today. Bring colour back to my days, and let me hope again. Amen.*

DAY 14

REJECTION

The Lungs & Colon

> **1 Peter 2:4**
> *"Come to Him, a living stone, rejected by men but chosen by God and precious."*

TODAY'S TEACHING

Rejection lives in the lung-colon center in the Emotion Code, fitting, because rejection is fundamentally about being cast out, not let in. Trapped rejection teaches us to expect the closed door, so we either stop knocking or we create a version of ourselves that is acceptable enough to finally be let in.

Peter describes Jesus with two truths: rejected by people, and chosen by God. Both were real at once. The rejection you've felt was real, and it is not the verdict on your worth. The same God who calls Jesus precious despite the world's rejection speaks the same word over you: chosen, precious. Today we let His verdict be louder.

NOTICE & IDENTIFY

- Do you brace for rejection before it even comes?
- Do you shrink yourself or perform to be accepted?
- Does an old rejection still sting when you remember it?

REFLECT

1. What rejection shaped how you show up in relationships now?
2. Whose acceptance have you been chasing, and have you let God's be enough?

RELEASE & PRAY

Breathe and ground yourself. Name it: "I release the rejection I've carried and the fear of being cast out." Use your release practice. As the old verdict lifts, receive the truer one: rejected by some, perhaps, but chosen and precious to God.

> **PRAYER OF RELEASE**
> *Lord, rejection taught me to expect closed doors and to earn my way in. I release it. The same word You spoke over Your Son, rejected by men, chosen by God; You speak over me. Let Your choosing be louder than every rejection I've known. I am precious to You. Help me believe it. Amen.*

DAY 15

DISCOURAGEMENT

The Lungs & Colon

> **Galatians 6:9**
> *"Let us not be weary in doing good, for we will reap in due season if we don't give up."*

TODAY'S TEACHING

Discouragement is the slow leak of courage, dis-courage. In the Emotion Code it sits in the lung-colon center, the place of letting go, and ironically discouragement is letting go of the wrong thing: our resolve, our hope of harvest, right before the season turns.

Paul writes to people growing weary in good work, and he doesn't scold their tiredness; he reminds them of the timing. There is a due season. The harvest is delayed, not denied. Releasing discouragement isn't pretending you're not tired; it's refusing to give up in the very stretch where giving up forfeits the harvest that was almost here.

NOTICE & IDENTIFY

- Are you tempted to give up on something good because the results are slow?
- Has weariness started sounding like "what's the point"?
- Do you feel like your faithful efforts go unseen and unrewarded?

REFLECT

1. Where are you closest to giving up right now?
2. What might "due season" mean for the good work you're weary in?

RELEASE & PRAY

Breathe and steady your heart. Name it: "I release discouragement and the urge to give up before the season turns." Use your release practice. As you exhale the weariness, ask God to renew the courage that leaked away and to remind you the harvest is coming.

> **PRAYER OF RELEASE**
> *Father, I'm tired, and discouragement has whispered that it's pointless to keep going. I release it. Thank You that there is a due season; that what I've sown faithfully is not lost. Renew my courage. Help me not give up in the very stretch where the harvest is near. Amen.*

DAY 16

ANGER

The Liver & Gallbladder

> **Ephesians 4:26**
> *"Be angry, and don't sin. Don't let the sun go down on your wrath."*

TODAY'S TEACHING

Anger is held in the liver in the Emotion Code, and traditional energy systems agree: anger that stagnates disrupts the body's flow, surfacing as tension, irritability, even a tightness under the right ribs. Anger itself is not the enemy; it is often a signal that something we value has been violated.

Paul's instruction is quite balanced: be angry, and don't sin. He doesn't demand we never feel it. He warns against letting it take up residence, don't let the sun go down on it, don't let it move in and stay. Trapped anger is anger that the sun went down on, again and again, until it became a resident instead of a visitor.

NOTICE & IDENTIFY

- Do you carry a simmering irritation that flares easily?
- Is there an old anger you've never fully resolved or released?
- Do you feel tension in your jaw, shoulders, or right side when anger rises?

REFLECT

1. What anger have you let the sun go down on, perhaps many times?
2. What is your anger trying to protect or signal? What does it value?

RELEASE & PRAY

Breathe and unclench your jaw and hands. Name it honestly: "I release the anger I've let stay too long." You are not pretending the offense didn't matter; you are refusing to host the anger any longer. Use your release practice, exhaling the heat. Let the flow move smoothly again.

> **PRAYER OF RELEASE**
> *Lord, I've let the sun go down on my anger more times than I can count, and it moved in and stayed. I release it. Thank You that anger can be honest without ruling me. Hear what it was protecting, and let me lay down the heat I've carried. Restore the smooth flow of life in me. Amen.*

DAY 17

BITTERNESS

The Liver & Gallbladder

> **Hebrews 12:15**
> *"Looking carefully...that no root of bitterness springing up trouble you."*

TODAY'S TEACHING

Bitterness is anger that has gone underground and grown roots. In the Emotion Code it sits with the liver, and the metaphor the Word uses, a root, is exactly right: bitterness starts small and hidden, then spreads beneath the surface, sending up shoots of cynicism and hardness in places that seem unrelated.

Hebrews warns us to watch carefully, because bitterness is sneaky. It rarely is obviously visible; it just slowly sours the soil. And it troubles not only us but those around us. The good news: roots can be pulled. What grew quietly can be released deliberately, before it spreads any further.

NOTICE & IDENTIFY

- Has an old hurt hardened into a settled cynicism?
- Do you replay an offense, the resentment feeling almost satisfying?
- Has bitterness in one area started souring your view of life in general?

REFLECT

1. What root of bitterness has been quietly growing in you?
2. What has it been costing you, and the people near you?

RELEASE & PRAY

Breathe and get honest. Name it: "I release this bitterness and the root it grew." Releasing is not the same as saying the wrong was okay; it's refusing to let the root keep spreading through your soil. Use your release practice, and ask God to pull what you can't reach.

> **PRAYER OF RELEASE**
> *Father, bitterness took root in me so quietly I almost didn't notice. I release it now. Where the root runs deeper than I can reach, pull it Yourself. I don't want my soil soured or those near me troubled by it. Heal the hurt underneath, and let something good grow where the root was. Amen.*

DAY 18

RESENTMENT

The Liver & Gallbladder

> **Colossians 3:13**
> *"Bearing with one another, and forgiving each other...even as Christ forgave you."*

TODAY'S TEACHING

Resentment is the ongoing rehearsal of something or someone we feel that harmed us, the record we keep of who owes us, what was unfair, how we were wronged. Held in the liver, trapped resentment is exhausting precisely because keeping the record of wrong is a full-time job. It demands we re-feel the offense to keep the account current.

Paul ties our forgiving to Christ's forgiving of us, not as a guilt trip, but as a source. We forgive from a well that's already been filled. Forgiveness is not declaring the wrong didn't matter; it is releasing your right to collect the debt, handing the record of wrong to God, who judges justly. It frees the one who lets go even more than the one let go.

NOTICE & IDENTIFY

- Do you keep a mental record of how you've been wronged?
- Does an old grievance still rise up, fresh, when you think of a certain person?
- Is resentment quietly draining your energy?

REFLECT

1. Whose debt are you still trying to collect?
2. What would it free in you to hand that record of wrong to the God who judges justly?

RELEASE & PRAY

Breathe and loosen your grip. Name it: "I release this resentment and the debt I've been trying to collect." Picture handing the record of wrong to God. Use your release practice. You are not excusing the wrong; you are putting it in the hands of the only One who can judge it rightly.

> **PRAYER OF RELEASE**
> *Jesus, You forgave a debt I could never repay, and from that well I can forgive. I release this resentment and the ledger I've guarded so long. I hand the account to You, the One who judges justly. Free me from the exhausting work of staying wounded. Let me lay it down for good. Amen.*

DAY 19

GUILT

The Liver & Gallbladder

> **Psalm 103:12**
> *"As far as the east is from the west, so far has He removed our transgressions from us."*

TODAY'S TEACHING

Guilt is held in the liver-gallbladder center in the Emotion Code, and there is a healthy version of it: the conscience's alarm that turns us to repair something. But trapped guilt is different; it keeps sounding the alarm long after the matter is settled, or it accuses us for things that were never truly ours to carry.

In our verse we see a vast distance: as far as the east is from the west. Not as far as you can run, not as far as you can earn; an infinite distance. When God forgives, He doesn't file the offense for later reference; He removes it. Today we release the guilt that keeps re-filing what God has already removed.

NOTICE & IDENTIFY

- Do you keep punishing yourself for something already confessed and forgiven?
- Do you carry guilt for things that weren't actually your responsibility?
- Does an underlying sense of "I should feel bad" follow you around?

REFLECT

1. What guilt are you still carrying that God has already removed?
2. Whose responsibility was the thing you've been blaming yourself for, truly?

RELEASE & PRAY

Breathe and soften. Name it: "I release the guilt I've carried, including what was never mine to hold." Use your release practice. As you exhale, picture the offense being carried away an infinite distance, east from west, and let yourself stop chasing it.

> **PRAYER OF RELEASE**
> *Father, I've kept re-filing what You already removed, and carried guilt that was never mine. I release it. Thank You that You don't hold my sins close; You send them as far as east is from west. Let me stop punishing myself for what You've forgiven, and lay down what was never mine to carry. Amen.*

DAY 20

FRUSTRATION

The Liver & Gallbladder

> **Psalm 37:7**
> *"Rest in the LORD, and wait patiently for him."*

TODAY'S TEACHING

Frustration is anger meeting an obstacle, the friction of wanting movement and meeting a wall. In the Emotion Code it sits with the liver, the organ of smooth flow, which is exactly why frustration feels like a snag, a grinding of gears, energy with nowhere to go.

The counsel given in our verse sounds almost counterintuitive when we're frustrated: rest, and wait patiently. Not because the obstacle doesn't matter, but because so much frustration comes from striving against timing we don't control. Releasing frustration often means releasing our grip on when and how, trusting the flow to the One who oversees the seasons.

NOTICE & IDENTIFY

- Do small obstacles set off a disproportionate irritation?
- Are you grinding against a situation or timing you can't control?
- Does frustration leave you tense, clenched, or short-tempered?

REFLECT

1. What are you most frustrated by right now, and how much of it is timing you can't force?
2. What would resting and waiting actually look like in that situation?

RELEASE & PRAY

Breathe and let the tension drain from your hands and jaw. Name it: "I release frustration and my grip on the timing I can't control." Use your release practice. As you exhale, hand the when and the how back to God, and let the stopped up flow move freely again.

> **PRAYER OF RELEASE**
> *Lord, I've been grinding against walls I can't move and timing I can't force. I release this frustration. Teach me to rest in You and wait patiently, not in resignation, but in trust. Loosen my grip on the when and the how. Let the flow of my life move smoothly in Your hands. Amen.*

DAY 21

FEAR

The Kidneys & Bladder

> **Isaiah 41:10**
> *“Don’t be afraid, for I am with you. Don’t be dismayed, for I am your God.”*

TODAY'S TEACHING

Fear is held in the kidneys, our deepest reserves, which is why chronic fear is so exhausting; it draws down the well. Some fear is protective and appropriate. But trapped fear keeps the body in a state of alarm even when no danger is present, and over time that constant draining wears us thin.

Notice that God’s answer to fear in Isaiah is not a strategy or a pep talk. It is a Presence: I am with you. Fear shrinks when we are not alone, and the deepest cure for fear is not the absence of danger but the presence of God in the middle of it. Today we release the fear that’s been draining the well, and we let His presence refill it.

NOTICE & IDENTIFY

- Is your body often braced, as if waiting for something to go wrong?
- Do you feel a deep tiredness that rest doesn’t fully touch?
- Does fear make decisions for you, keeping you small or safe?

REFLECT

1. What fear has been quietly running in the background of your life?
2. How might it change things to know God is not just watching, but with you?

RELEASE & PRAY

Breathe slowly, placing your hands at your lower back over your kidneys if it helps you feel grounded. Name it: “I release the fear stored in my deepest places.” Use your release practice. As the alarm quiets, breathe in the truth He keeps repeating: I am with you.

> **PRAYER OF RELEASE**
> *Lord, fear has been draining my deepest reserves, keeping my body braced and my life small. I release it. Your answer to my fear is not a strategy but Yourself; I am with you. Refill the well that fear drained. Let Your presence steady me from the root, and free me to live unafraid. Amen.*

DAY 22

DREAD

The Kidneys & Bladder

> **Psalm 23:4**
> *"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me."*

TODAY'S TEACHING

Dread is fear pointed at the future, the heavy anticipation that something bad is coming. Held in the kidney center in the Emotion Code, trapped dread keeps us bracing for a tomorrow that may never arrive, robbing today of its peace. It is fear that has learned to live ahead of us.

David walks through the valley; he doesn't deny it exists or pretend the shadow isn't real. What changes everything is the shift from talking about God to talking to Him: "for You are with me." Dread isolates us in an imagined dark future; the Shepherd's presence meets us in the actual valley, walking us through rather than leaving us to dread the entrance.

NOTICE & IDENTIFY

- Do you wake with a sense of dread about the day or the future?
- Do you brace for bad news, almost expecting it?
- Does anticipating something hard rob you of the present?

REFLECT

1. What are you dreading right now, and how much of it is in your control today?
2. What would change if you trusted the Shepherd to walk you through, not abandon you at the entrance?

RELEASE & PRAY

Breathe and bring yourself back to the present moment. Name it: "I release this dread and the future I've been bracing against." Use your release practice. As you exhale, leave the imagined valley and return to today, where the Shepherd actually is.

> **PRAYER OF RELEASE**
> *Shepherd, dread has had me living in a dark tomorrow that hasn't come. I release it. Even if I must walk through a valley, You will be with me, not watching from afar, but at my side. Bring me back to today. Let me trade dread for the steady comfort of Your presence. Amen.*

DAY 23

TERROR

The Kidneys & Bladder

> **Psalm 91:5**
> *"You shall not be afraid of the terror by night, nor of the arrow that flies by day."*

TODAY'S TEACHING

Terror is fear at its most intense, the overwhelming, body-flooding kind that often traces back to a moment of genuine threat or trauma. In the Emotion Code it is held deep in the kidney center, and trapped terror can keep the nervous system primed to flood at triggers that aren't actually dangerous, long after the real threat has passed.

Psalm 91 speaks directly to terror, the terror by night, the arrow by day, and surrounds the frightened soul with images of shelter: wings, a refuge, a fortress. Releasing trapped terror is hard work; be gentle with yourself. If a memory feels too big to face alone, this is exactly the kind of wound where a trusted counselor or pastor is a gift, not a failure.

NOTICE & IDENTIFY

- Does your body sometimes flood with fear out of proportion to the moment?
- Are there triggers that send you straight back to a frightening time?
- Do you startle easily or struggle to feel truly safe?

REFLECT

1. Is there a moment of terror your body still seems to remember?
2. What would safety, real, settled safety, feel like for you?

RELEASE & PRAY

Go slowly. Breathe until you feel even a little safer in this present, ordinary moment. Name it: "I release the terror my body has held." Use your release practice gently, and stop if it feels overwhelming. Picture yourself sheltered under His wings. You are not in that moment now; you are here, and you are held.

> **PRAYER OF RELEASE**
> *Father, my body has remembered a terror my mind wanted to forget. I release it into Your safekeeping. Thank You that You are a shelter and a refuge, that under Your wings I can finally exhale. Quiet the alarm that still floods me. Let me feel, deep down, that I am safe in You. Amen.*

DAY 24

BLAMING

The Kidneys & Bladder

> **Romans 8:1**
> *“There is therefore now no condemnation to those who are in Christ Jesus.”*

TODAY'S TEACHING

Blaming is held in the kidney center in the Emotion Code, and it cuts two directions. We absorb blame that isn’t ours, carrying responsibility for others’ choices and feelings. Or we project blame outward, keeping a running case against others. Either way, trapped blame poisons relationships and keeps us stuck in courtrooms of the mind.

Paul cuts through it with a verdict: no condemnation. For those in Christ, the gavel has already come down, not guilty. That frees us from absorbing blame we were never meant to carry, and it frees us from the prosecutor’s chair too, because we no longer need to condemn others to feel right. Today we step out of the courtroom.

NOTICE & IDENTIFY

- Do you take on responsibility for things that aren’t yours?
- Do you keep a case against someone, mentally rehearsing their fault?
- Does blame, given or received, keep a relationship stuck?

REFLECT

1. What blame are you carrying that was never truly yours?
2. Who are you still keeping on trial, and what would it free to step out of the prosecutor’s chair?

RELEASE & PRAY

Breathe and release the tension you didn’t know you were holding. Name it: “I release the blame I’ve absorbed and the blame I’ve aimed at others.” Use your release practice. As you exhale, step out of the courtroom entirely; there is no condemnation here.

> **PRAYER OF RELEASE**
> *Father, I’ve carried blame that wasn’t mine and kept others on trial in my mind. I release it all. Thank You that in Christ there is no condemnation, the verdict is already mercy. Free me from absorbing what isn’t mine and from needing to condemn anyone. Lead me out of the courtroom into grace. Amen.*

DAY 25

UNSUPPORTED

The Kidneys & Bladder

> **Psalm 18:18**
> *"They came on me in the day of my calamity, but the LORD was my support."*

TODAY'S TEACHING

The feeling of being unsupported sits in the kidney center in the Emotion Code, the very organs associated with standing strong and being held up. Trapped, this emotion convinces us we are on our own: that if we don't carry it, no one will; that there's no one to lean on. Many strong, capable women carry this one most heavily, having learned to be the support for everyone else.

David, a warrior king who could have claimed self-sufficiency, says plainly: the LORD was my support. Strength and being supported are not opposites. Even the strongest among us were never meant to be the foundation; we were meant to lean on the One who holds everything up. Today we release the lonely weight of being unsupported, and let ourselves be held.

NOTICE & IDENTIFY

- Do you feel like everything depends on you?
- Is it hard to ask for help, or to believe help will actually come?
- Are you the one everyone leans on, with no one to lean on yourself?

REFLECT

1. Where do you feel most alone in carrying something heavy?
2. What would it mean to let God, and perhaps a trusted person, actually support you?

RELEASE & PRAY

Breathe and, even for a moment, let your guard down. Name it: "I release the belief that I'm on my own and unsupported." Use your release practice. As you exhale the lonely weight, picture leaning back and being held, because you are.

> **PRAYER OF RELEASE**
> *Lord, I've carried so much alone that I forgot I could lean. I release the belief that no one's got me. Even David, strong as he was, called You his support, and so do I. Hold me up at the root. Send people I can lean on, and free me to let myself be supported. Amen.*

DAY 26

SHAME

The Glands & Sexual Organs

> **Psalm 34:5**
> *"They looked to Him, and were radiant. Their faces shall never be covered with shame."*

TODAY'S TEACHING

Shame is different from guilt. Guilt says "I did something bad." Shame says "I am bad." In the Emotion Code, shame is held in the gland center, the seat of identity, which is exactly where it does its damage, attacking not our behaviour but our sense of self. Trapped shame makes us want to hide, cover, and stay small.

In our verse we are given a different picture: those who look to God become radiant, their faces uncovered. Shame's whole strategy is concealment; it tells us that if we were truly seen, we'd be rejected. God's love does the opposite: it sees us fully and still lifts our face. Today we stop hiding and let ourselves be seen by the One whose gaze heals instead of condemns.

NOTICE & IDENTIFY

- Do you feel, at the core, that something is wrong with you?
- Do you hide parts of yourself, certain they'd be rejected if seen?
- Does shame make you want to shrink, cover, or disappear?

REFLECT

1. What shame have you been hiding, even from yourself?
2. What would it feel like to be fully seen by God, and to have your face lifted, not covered?

RELEASE & PRAY

Breathe, and resist the urge to hide. Name it: "I release this shame and the belief that I am fundamentally bad." Use your release practice. As you exhale, lift your face, literally, gently, and let yourself be seen by the One who looks at you with love, not condemnation.

> **PRAYER OF RELEASE**
> *Father, shame has told me to hide, to stay small, to fear being seen. I release it. When I look to You, I am not covered; I am made radiant. See all of me, and lift my face. Replace the lie that I am bad with the truth that I am Yours, beloved and unashamed. Amen.*

DAY 27

UNWORTHY

The Glands & Sexual Organs

> **Romans 5:8**
> *"God commends his own love toward us, in that while we were yet sinners, Christ died for us."*

TODAY'S TEACHING

The feeling of being unworthy is held in the gland-identity center, a deep conviction that we don't deserve good things: love, rest, success, even God's attention. Trapped unworthiness keeps us striving to earn what was always meant to be a gift, and braced to lose it the moment we stop performing.

Paul makes the timing unmistakable: while we were still sinners, not after we cleaned up, not once we were worthy, Christ died for us. The love that saves us was never a response to our worthiness; it was the cause of our worth. You don't earn your way to being loved by God. You are loved first, and your worth flows from His choosing, not your performing.

NOTICE & IDENTIFY

- Do you feel you have to earn love, rest, or good things?
- Is it hard to receive a gift, a kindness, or grace without paying it back?
- Do you brace to lose good things, sure you don't really deserve them?

REFLECT

1. Where did you learn that your worth had to be earned?
2. How would today feel different if your worth were settled, given, not earned?

RELEASE & PRAY

Breathe and let yourself simply receive. Name it: "I release the belief that I'm unworthy and have to earn my worth." Use your release practice. As you exhale the striving, receive the truth: you were loved while still unworthy by any scoreboard, which means worth was never the price of admission.

> **PRAYER OF RELEASE**
> *Lord, I've tried to earn what You freely gave, sure I wasn't worthy of it. I release that lie. You loved me while I was at my worst, my worth flows from Your choosing, not my performing. Let me stop striving and start receiving. I am worthy because You say so. Amen.*

DAY 28

JEALOUSY

The Glands & Sexual Organs

> **Proverbs 14:30**
> *"The life of the body is a heart at peace, but envy rots the bones."*

TODAY'S TEACHING

Jealousy and envy are held in the gland-identity center in the Emotion Code, and in the Word the imagery is vivid: envy rots the bones; it works on us from the inside, quietly. Jealousy is rarely really about the other person; it's about a hunger or insecurity in us that their blessing exposes. It points, painfully, to a place we don't feel we have enough.

The contrast Proverbs offers is a heart at peace, a settledness that doesn't need someone else to have less in order for us to feel like enough. That peace comes from trusting that God's portion for us is good and personal, that another woman's blessing doesn't subtract from ours. Today we release the comparison that rots from within and ask for a heart at peace.

NOTICE & IDENTIFY

- Does someone else's success or blessing stir an ache or resentment in you?
- Do you compare your life to others' and come away diminished?
- Does jealousy quietly sour your joy for people you love?

REFLECT

1. Whose blessing stirs jealousy in you, and what lack does it expose underneath?
2. What would a "heart at peace" free you to celebrate in others?

RELEASE & PRAY

Breathe and turn your gaze from comparison to gratitude. Name it: "I release this jealousy and the lie that another's blessing takes from mine." Use your release practice. As you exhale the comparison, ask God for a heart at peace, settled enough to rejoice with others.

> **PRAYER OF RELEASE**
> *Father, jealousy has been rotting me from the inside, souring my joy and exposing where I feel I lack. I release it. Another's blessing doesn't shrink Your goodness to me. Give me a heart at peace, settled in Your portion for my life, free to celebrate others without losing myself. Amen.*

DAY 29

PRIDE

The Glands & Sexual Organs

> **James 4:6**
> *"God resists the proud, but gives grace to the humble."*

TODAY'S TEACHING

Pride sits in the gland-identity center and it's subtler than we think. We picture pride as boasting, but trapped pride often looks like self-protection: the refusal to need help, to be wrong, to be seen as weak. It is identity built on standing alone and never being exposed, which is exhausting to maintain.

James draws a sharp line: God resists pride but pours grace on humility. Not because humility earns grace, but because humility has open hands to receive it, while pride's hands are tightened around self-sufficiency. Releasing pride isn't self-debasing; it's setting down the heavy armour of having to be impressive, so that grace can finally reach us.

NOTICE & IDENTIFY

- Is it hard to admit you're wrong, or to genuinely apologise?
- Do you refuse help to avoid looking weak or needy?
- Do you build your sense of self on being right, capable, or impressive?

REFLECT

1. Where is pride functioning as armour, protecting you from looking weak?
2. What grace might be waiting for you on the other side of open, humble hands?

RELEASE & PRAY

Breathe and let the armour feel heavy for a moment. Name it: "I release pride and the need to stand alone, impressive and unexposed." Use your release practice. As you exhale, unclench your hands, literally, and open them to receive the grace pride was blocking.

> **PRAYER OF RELEASE**
> *Lord, my pride has looked like strength, but it's really been armour I'm tired of carrying. I release it. I don't want to resist the grace You're offering by clutching my self-sufficiency. Soften me. Give me the humility that has open hands, and let Your grace pour into the places pride kept guarded. Amen.*

DAY 30

OVERWHELM (COMING HOME TO REST)

The Glands & Sexual Organs

> **Matthew 11:28**
> *"Come to me, all you who labor and are heavily burdened, and I will give you rest."*

TODAY'S TEACHING

We end with overwhelm, the feeling of carrying more than we can hold, held in the gland center where our vitality lives. It's a fitting place to close, because over these thirty days you've been setting weight down: the walls, the grief, the fear, the shame. Overwhelm is what we feel when we've been carrying it all alone for too long.

Jesus' invitation is not "try harder" or "carry it better." It is simply: come to Me, and I will give you rest. The release work you've practiced was never about emptying yourself by your own effort; it was about handing your burdens to the One who offers rest in exchange. As you finish, this is the heart of it all: you are not meant to carry your life alone. Come, and be given rest.

NOTICE & IDENTIFY

- Are you carrying more than feels humanly possible right now?
- Has "just keep going" become your whole strategy?
- When did you last feel genuine, unforced rest?

REFLECT

1. Looking back over these thirty days, what has felt lightest to set down?
2. What would it mean to keep coming to Jesus with your burdens, not just today, but as a way of life?

RELEASE & PRAY

Breathe deeply, all the way down. Name it: "I release overwhelm and the belief that I must carry everything alone." Use your release practice one more time, and as you exhale, accept the invitation, come to Him, lay it all down, and receive the rest He's been holding out the whole time.

> **PRAYER OF RELEASE**
> *Jesus, I've laboured and carried so much for so long. I release the overwhelm and the lie that it's all on me. I come to You, just as I am, with empty hands and a tired heart. Thank You for the rest You promise, not earned, just given. Teach me to keep coming to You. Here is my whole heart. Amen.*

A CLOSING BLESSING

YOU ARE SET FREE

Releasing is rarely a single, finished event. Some emotions will ask to be revisited, and life will keep offering new things to lay down. Let that be okay. The God who began this work in you is faithful to keep gently completing it. You do not have to carry your life alone, you never did.

So go in peace. Keep coming back to the Wellspring. Keep handing Him what is too heavy. And may you live free, unwalled, unashamed, and deeply held.

> "*Now the Lord is the Spirit; and where the Spirit of the Lord is, there is liberty.*" *(2 Corinthians 3:17)*