

HOW GOD HEALS YOUR HIDDEN WOUNDS BREAKING FREE - PART 1

Psalm 147:3 (NCV) “God heals the brokenhearted and bandages their wounds.”

STEPS IN GOD’S HEALING PROCESS

1. Admit _____.

Psalm 39:2-3 (NCV) “I kept very quiet but I became even more upset. I became very angry inside, and as I thought about it, my anger burned.”

Psalm 32:3 (NCV) “When I kept things to myself, I felt weak deep inside me. I moaned all day long.”

James 5:16 (NIV) “Confess your sins to each other and pray for each other so that you may be healed.”

2. Release _____.

Romans 12:17, 19 (LB) “Never pay back evil for evil. Never avenge yourselves. Leave that to God, for He has said that He will repay those who deserve it.”

1 Peter 2:23 (LB) “When Jesus suffered, He did not threaten to get even; He left His case in the hands of God.”

Hebrews 12:15 (Ph) “...a bitter spirit is not only bad in itself but can also poison the lives of many others.”

3. Replace _____.

Romans 12:2b (NLT) “...let God transform you into a new person by changing the way you think.”

Ephesians 1:4 (LB) "...through what Christ would do for us, God decided to make us holy in His eyes, without a single fault-- we stand before Him covered with His love."

4. Refocus _____.

Job 11:13-16 (GN) "Put your heart right, reach out to God...then face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more."

Proverbs 4:25 (GN) "Look straight ahead with honest confidence; don't hang your head in shame."

5. Receive _____.

Ecclesiastes 4:12 (NLT) "A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken."

1 Thessalonians 5:11 (GW) "Encourage each other and strengthen one another."

1 Peter 3:8a (LB) "You should be like one big family, full of sympathy toward each other..."

6. Reach out _____.

2 Corinthians 1:4 (NCV) "God comforts us every time we have trouble, so when others have trouble, we can comfort them with the same comfort God gives us."

Galatians 6:1-2 (NIV) "If a person is trapped in some sin, you who are spiritual should restore him gently. But watch yourself; you also may be tempted. Carry each other's burdens, and in this way you fulfill the law of Christ."

2 Corinthians 5:17 (CEV) "Anyone who belongs to Christ is a new person. The past is forgotten, and everything is new!"