

Being Faithful in an *Un*Faithful World!

How God Heals a Wounded Heart

August 9th, 2009

God heals the brokenhearted and bandages their wounds.

Psalms 147:3

5 Steps in God's Healing Process

1. Acknowledge my Emotions

Psalms 39:2-3 But as I stood there in silence the turmoil within me grew worse. The more I thought about it, the hotter I got, igniting a fire of words:

Psalms 32:3 When I refused to confess my sin, my body wasted away, and I groaned all day long.

2. Identify what Feels "True" to Me

2 Corinthians 10:5 (Message) We use our powerful God-tools (Word of God & Prayer) for smashing warped philosophies, tearing down barriers erected against the truth of God, fitting every loose thought and emotion and impulse into the structure of life shaped by Christ.

1 Peter 5:7 Give all your worries and cares to God, for he cares about you.

Isaiah 55:1-3 "Is anyone thirsty? Come and drink— even if you have no money! Come, take your choice of wine or milk—it's all free! Why spend your money on food that does not give you strength? Why pay for food that does you no good? Listen to me, and you will eat what is good. You will enjoy the finest food. "Come to me with your ears wide open. Listen, and you will find life.

3. Allow God's "Love and Truth" to Heal Me

Romans 12:2b ...Let God transform you into a new person by changing the way you think.

Ephesians 1:4 Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes.

Ephesians 5:1-2 Imitate God, therefore, in everything you do, because you are his dear children. Live a life filled with love, following the example of Christ. He loved us ^{al} and offered himself as a sacrifice for us, a pleasing aroma to God.

4. Release those Who Have Hurt Me

Romans 12:17, 19 Never pay back evil with more evil... never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the Lord.

Hebrews 12:15 Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

Ephesians 4:31-32 Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

5. Share my Healing with Others

2 Corinthians 1:4 He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.

2 Corinthians 5:17 This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

John 15:8 When you produce much fruit, you are my true disciples. This brings great glory to my Father.