

SERIES: HOW GOD MEETS YOUR DEEPEST NEEDS
Part 3 – “HOW GOD HEALS YOUR HIDDEN WOUNDS
Jehovah Rapha = “I am the God who heals”

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

STEPS IN GOD’S HEALING PROCESS

1. I REVEAL MY HURT

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

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

Reveal it to 3 people:

Myself

God

Someone I Trust

2. I RELEASE THOSE WHO HAVE HURT ME

Do I want to get well or do I want to get even? I can’t do both.

Getting even will not take away your pain

“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.” Rom. 12:17+19 (LB)

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

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

3. I REPLACE OLD TAPES WITH GOD’S TRUTHS

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

“...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.” Eph. 1:4 (LB)

4. I REFOCUS ON THE FUTURE

“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.” Job 11:13-16 (GN)

“Look straight ahead with honest confidence; don’t hang your head in shame.” Pr. 4:25 (GN)

5. I REACH OUT TO HELP OTHERS

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

“When someone becomes a Christian, he becomes a brand new person inside. He is not the same anymore. A new life has begun!” 2 Cor. 5:17 (LB)