

**“HOW GOD HEALS YOUR HIDDEN WOUNDS”**

**Introduction:** Health Quiz

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

- Two truths about wounds
  1. \_\_\_\_\_ has wounds.
  2. The beautiful on the \_\_\_\_\_ can be crumbling on the \_\_\_\_\_.
- God's names in the Old Testament
  1. Jehovah Shalom – I am your \_\_\_\_\_.
  2. Jehovah Jireh – I am your \_\_\_\_\_.
  3. Jehovah Rophe - I am your \_\_\_\_\_.

**FOUR STEPS IN GOD'S HEALING PROCESS**

**1. \_\_\_\_\_ MY HURTS**

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.”

- Some people \_\_\_\_\_.
- Some people \_\_\_\_\_.
- Some people \_\_\_\_\_ from their pain.
- God's direction.
  1. Be honest with \_\_\_\_\_.
  2. Be honest with \_\_\_\_\_.
  3. Be honest with \_\_\_\_\_.

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

**2. \_\_\_\_\_ THOSE WHO HAVE HURT ME.**

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.”

- For your own sake let go of the \_\_\_\_\_.
- Only one way to take away your pain: \_\_\_\_\_.
- Why we hold on to the past: we forget - \_\_\_\_\_ saw everything!
- Good News: Jesus understands \_\_\_\_\_.

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

- Three reasons you must forgive the people who hurt you.

1. You have been forgiven \_\_\_\_\_.
2. You will need forgiveness \_\_\_\_\_.
3. \_\_\_\_\_ does not work.

3. \_\_\_\_\_ **THE OLD TAPES WITH GOD'S TRUTH.**

Romans 12:2 (NLT) "...Let God transform you into a new person by changing the way you think."

- Fill your mind with \_\_\_\_\_.

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 God covered with His love."

- Your self-esteem comes from the most important person: \_\_\_\_\_

4. \_\_\_\_\_ **ON THE FUTURE.**

Job 11:13-16 (TEV) "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."

- Your troubles fade only when you \_\_\_\_\_.

**CONCLUSION:** We get well \_\_\_ \_\_\_\_\_ help others.

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

- Use your experiences to \_\_\_\_\_.