

Healing Hidden Wounds

Hebrews 4:15-16

Pastor Blake Cromwell

July 23, 2000

SIX STEPS TO INNER HEALTH

1. Realize My Need is Known by God

Christ was broken to make me whole [Ps. 56:8].

2. Reveal my Hurt [Ps. 39:2-3]

Ways we respond to hurt:

- Trying to forget it
- Running from it
- Ignoring it
- Blaming it on others
- Covering it up

Three people I should be honest with:

- Myself
- God
- A trusted friend

3. Release my Offenses [Rom. 12:17-19]

Bitterness is a poisonous brew we drink hoping the other person will die.

Three reasons to release my offenses:

- God has forgiven me.
- I will need more forgiveness in the future.
- Forgiveness is the only way I will be healed.

4. Replace my Negative Memories [Rom. 12:2]

The human mind tends to remember the bad things that happen rather than the good things.

Three steps to dealing with negative memories.

- Ask God to heal my memories.
- Fill my mind with God's life-giving words.
- Decide to believe God's truth about myself.

5. Refocus my Attention on God [Job. 11:13-19]

Three ways to refocus:

- Get my heart right.
- Reach out to God.
- Give up a life of habitual sin.

The results of refocusing my attention:

- Confidence [vs 15]
- Removal of shame [vs 15]
- Ability to forget [vs 16]
- Great joy and insight for living [vs 17]
- Great security and peace. [vs 18]
- Companionship [vs 19]

6. Reach Out to my Neighbor [II Cor. 1:4]

Ministry is using the wounds God has healed in you to heal the wounds in others.

KOINONIA
Christian Fellowship

323 E. 11th Street Hanford, CA 93230 (559) 582-1528