

Notes Sheet: Healing from Hurt – Key Points & Scriptures

1. God Delivers and Fights for Us

- **Summary:** The story of the Israelites' escape from Egypt illustrates God's power to deliver His people from bondage and fight on their behalf, even when circumstances seem impossible.
- **Scripture References:**
 - Exodus 14:13–14: "Fear ye not, stand still, and see the salvation of the LORD... The LORD shall fight for you, and ye shall hold your peace."

2. Moving Forward Means Leaving the Past Behind

- **Summary:** Just as the Israelites left Egypt, believers are called to move forward, leaving behind the bondage of their past. God promises that our past will no longer pursue us.
- **Scripture References:**
 - Exodus 14:13: "For the Egyptians whom ye have seen to day, ye shall see them again no more for ever."
 - Philippians 3:13–14: "Forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark..."

3. The Reality and Cycle of Hurt

- **Summary:** Hurt is a universal experience. Offenses will come, and sometimes the pain is deserved, sometimes not. There is a cycle: event → resentment → bitterness → remorse → repentance → forgiveness. Breaking this cycle is essential for healing.
- **Scripture References:**
 - Matthew 6:14 (implied): "Forgive people their trespasses..."

4. The Importance of Forgiveness

- **Summary:** True healing begins with genuine forgiveness. Once forgiveness is offered and received, it is necessary to move on and forget the offense, allowing the healing process to progress.
- **Scripture References:**
 - Hebrews 10:17: "And their sins and iniquities will I remember no more."

5. Letting Go of Toxic Relationships and Past Hurts

- **Summary:** Some people and situations are harmful to our spiritual and mental health. It's important to disconnect from those who continually bring up the past and to let old wounds die.
- **Scripture References:**
 - Philippians 3:13: "Forgetting those things which are behind..."

6. Healing Is Both Physical and Spiritual

- **Summary:** God provides healing for physical ailments, but He also heals wounded spirits. Spiritual healing is just as necessary and powerful as physical healing.
- **Scripture References:**
 - Hebrews 9:14: "...cleanse your conscience from dead works to serve the living God?"
 - Hebrews 10:22: "...having our hearts sprinkled clean from an evil conscience and our bodies washed with pure water."

7. Forgetting Is Essential for Wholeness

- **Summary:** To be truly healed, we must learn to forget the offense and let the past die. This aligns with God's character, who chooses not to remember our sins once we repent.
- **Scripture References:**
 - Hebrews 10:17: "And their sins and iniquities will I remember no more."
 - Psalm 51:10 (implied): "Create in me a clean heart, O God..."

8. Healing Leads to Revival and Service

- **Summary:** The sooner we are healed and whole, the sooner we can serve others and experience the revival God intends for our community.
- **Scripture References:**
 - Philippians 3:14: "I press toward the mark for the prize of the high calling of God in Christ Jesus."

Conclusion:

Healing from hurt is a spiritual journey that involves forgiveness, letting go of the past, and

embracing God's promise of wholeness. By following biblical principles and trusting in God's power to heal, believers can move forward, serve others, and experience true revival.