



Message Five: *To Heal My Pain*
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How do we try to hide from our pain?

- Busyness
 - Busyness makes you delusional about reality.
- Beautification
 - We feel that if we reveal our true selves we would be rejected.
- Religious Activity
 - Actions that don't come from a right heart with God but a desire to be religious is a simply a coping mechanism.
- *I Samuel 16:7b, The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.*
- *Luke 16:15, Then he said to them, "You like to appear righteous in public, but God knows your hearts. What this world honors is detestable in the sight of God."*

When it comes to healing pain this is what I have found to be true:

- Some healings take time
- Some healings happen instantly

God desires to heal your pain, wounds, hurts, and sorrows!

How do we receive this healing?

1. Release your hurts and pain into the hands of Jesus
 - Hanging on to fear and hurt actually blocks the healing power of the Holy Spirit in your life.
 - *Luke 4:18*

2. Stop feeding on lies from the past
 - What you feed on matters.
 - *Matthew 4:4*

3. Extend Forgiveness
 - One person can forgive; it takes two to reconcile.
 - Forgiveness is an inward discipline; reconciliation is an outward process.
 - *Mark 11:25-26*

4. Forgive yourself
 - If you continue to beat yourself up over past failures, you are in some ways denying the very work of Jesus on the cross to yourself.
 - *Colossians 1:22-23*

5. Speak to the pain and remind it who you are in Christ.
 - *2 Corinthians 5:17, Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!*
 - *Romans 8:1, Therefore, there is now no condemnation for those who are in Christ Jesus.*
 - *Romans 8:37, but despite all this, overwhelming victory is ours through Christ who loved us enough to die for us.*

In the name of Jesus receive your healing today!

