

## **The Danger of Unhealed Wounds - NOTES**

**“If injuries are not healed, they become blemishes...which keep us HERE”**

**"Along your journey, you are going to be wounded by someone. Along your journey, you are going to wound someone. An unhealed wound is a death sentence, and forgiveness is not optional."**

***Ps. 124:1, 8 NIV “If it had not been the Lord who was on our side,” Our help is in the name of the Lord, Who made heaven and earth.”***

***“As long as you live in that wound, you will have no peace”***

**Without healing and forgiveness, other people’s mistakes will affect our future.**

***Psalm 147:3 says, “He heals the brokenhearted and binds up their wounds.”***

***Ps. 73:16-17 NIV “When I tried to understand all this, it troubled me deeply till I entered the sanctuary of God; then I understood their final destiny.”***

**What past experience, trial, hurtful word, or person is still harmfully affecting your life today?**

**Opening the wounded places of our hearts is an emotional and difficult process, but until we allow God into the harmful**

events of our pasts we will never experience true freedom and restoration from them.

*John 10:10 "The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."*

We must forgive those people who hurt us so the scars in our lives become symbols of God's redeeming love rather than reminders of painful events.

Showing empathy requires placing ourselves in the position of the person who's offended us, and choosing to understand their burdens

*1 Peter 2:24 "He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed."*

**REMOVE - Forgiveness doesn't necessarily erase the hurt caused, but it does help us heal and move forward**

Adrian Rogers: A scar is a wound that has healed. We need to bring our wounds to Jesus, let Him heal them, and use our scars for Jesus. Our scars may be our greatest ministry.

*Psalms 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."*

1. Meditate on God's desire to heal your wounds.

*"Come to me, all who labor and are heavy laden, and I will give you rest." Matthew 11:28*

2. Ask the Holy Spirit to show you what he wants to heal today.
3. Open your heart to the Lord and ask him to speak truth and love to your wound.

***“The Lord your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing.”***

***Zephaniah 3:17***