

WOUNDED
Parent Wounds
2 Corinthians 1:3-5

Victoria's story is an EXTREME EXAMPLE of a parent wound. Her story both breaks my heart and broadens my HOPE because of the way that God has healed her and provided for her since those early years of deep pain. **What parent wounds are currently hurting YOUR heart? [Physical abuse, Manipulation and Control, Verbal abuse, Neglect, etc.]** I know that parent wounds can take on MANY FORMS, and they ALL have an IMPACT on our lives LONG AFTER we grow out of childhood **BASED ON WHAT WE DO WITH THEM!** I don't know what kind of wound that you have suffered – OR STILL SUFFER - at the hands and words of your parents, but I do know that those wounds do NOT have to DEFINE and CONTROL your life. You and I ALWAYS have a CHOICE to make about what we are going to DO with our wounds. **Remember, EVERYONE GETS WOUNDED. Everyone has scars. We can live as wounded VICTIMS, or we can become wounded VICTORS by the way that we MOVE WITH CHRIST (Our Wounded Healer) THROUGH OUR PAIN in order to FIND HEALING and ultimately to GROW STRONG.**

GOD stepped into the INSANITY of what Victoria experienced early in her childhood and TRANSFORMED her from what her EARTHLY father was producing into what he – as her HEAVENLY FATHER – could alone produce. **It is an ONGOING WORK.** He REDEEMED her awful suffering and is turning it into something AMAZING and even BEAUTIFUL! One statement she made to me last fall just blew me away: **"I want to be a GOOD STEWARD of my PAIN.** How is that possible? Let's see.

2 Corinthians 1:2 NIV

2 Grace and peace to you from God our Father and the Lord Jesus Christ.

There is an entire UNIVERSE of JOY and HEALTH and HEALING available to every person on this planet because of the NATURE of our Heavenly Father and the WORK of Jesus Christ his Son. I love the FIRST FIVE WORDS of this passage. **"Grace and Peace to you . . ."**

GRACE: That which affords joy, pleasure, delight, sweetness, charm, loveliness: grace of speech. The merciful kindness by which God, exerting his holy influence upon souls, turns them to Christ, keeps, strengthens, increases them in Christian faith, knowledge, affection, and kindles them to the exercise of the Christian virtues

"GRACE" is once rendered "benefit," 2Cr 1:15; it stresses the character of the "benefit," as the effect of the gracious disposition of the benefactor.

PEACE: security, safety, prosperity, happiness, (because peace and harmony make and keep things safe and prosperous); The tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and content with its earthly lot, no matter what it is. These are all UNDESERVED BENEFITS; not derived from our own worth but from his BENEVOLENT nature and character.

All of the benefits that I listed above are CURRENTLY AVAILABLE to you right now because of Jesus. But they require one thing from you. This one thing is something that I have seen in every single person I know that has healed from deep relational wounds. **That ONE THING is A CHANGE IN PERSPECTIVE.** This is so important because of a STUNNING TRUTH: **YOU CANNOT CHANGE YOUR PAST. YOU CAN ONLY CHANGE YOUR PERSPECTIVE OF THE PAST.** You must learn to look at your wound from a different point of view. **This change in perspective PRECEDES any changes in your CIRCUMSTANCE or SITUATION.** This means that you can change even if your parents do not. **Truth is; your parents may never change. You may never get the relationship with them that you want. You may still have to deal with their DYSFUNCTIONS in your day-to-day life right now, but you don't have to live at the MERCY of their brokenness.** In fact, you can become a powerful WITNESS to them of the GRACE of God by how you find healing IN GOD.

2 Corinthians 1:3-5 NIV

3 Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, 4 **who comforts us in all our troubles, so that we can comfort those in any trouble** with the comfort we ourselves receive from God. 5 For just as **we share abundantly in the sufferings of Christ,** so also our comfort abounds through Christ.

FOCUS on your HEAVENLY Father as your SOURCE of ALL COMFORT.

Your FOCUS determines your FATE. You BECOME like what you BEHOLD! **Stop staring at your wounds!!** It is time to FOCUS on your HEAVENLY FATHER as your PRESENT HELP and your ONGOING HOPE! Look at your wounds through his eyes. See your pain in the light of his purpose. **Don't focus simply on what is already DONE, but focus instead on what God is DOING. He is a SAFE PLACE for you to do the HARD WORK of HEALING.**

God is the FATHER of MERCIES and COMPASSION. (Vs. 3)

Compassion, Pity, Mercy

- A. A heart of compassion (to suffer WITH)
- B. Emotions, longings, manifestations of pity

Remember, your HEART is the SEAT of your MIND, WILL, and EMOTIONS. You must NOT IGNORE or DISMISS your emotions! **[How the church has treated emotions!]**

-Last week's message was just the GROUNDWORK of healing!

-Counselors agree on the importance of EMOTIONAL HEALTH.

***Our Father CREATED emotions and he HAS emotions!**

[He is described as happy, angry, hurt, sorrowful, etc.]

God created your emotions as an EXPRESSION and as a WARNING.

-Don't LIVE at their MERCY, but PROPERLY ACKNOWLEDGE their PRESENCE.

*They are like WARNING LIGHTS on your dashboard. **[My wounds!]**

-Don't judge your emotions. Describe them and ask God what is CAUSING them.

Learn how to CRY OUT to the Comforter.

-KING DAVID: A MAN WHO KNEW WHAT TO DO WITH HIS FEELINGS.

***OFFER your emotions to God as a SACRIFICE.** [Peace, Guilt, Sin offerings, etc. . .]

[The Psalms do this!] PSALM 55

-Compare the expression of our emotions to God as a sacrifice of praise and as an OFFERING that God can USE for his glory and our good!

-Recognize that God RECEIVES your expressions of emotional pain and pleasure.

*BOTH POSITIVE and NEGATIVE emotions: Joy/sadness; Doubt/Fear

-Our Father is a SAFE PLACE to process our pain and find hope and fulfillment

Psalm 56:8-11 NASB

8 You have taken account of my wanderings; Put my tears in your bottle. Are they not in your book? 9 Then my enemies will turn back in the day when I call. This I know, that God is for me. 10 **In God**, whose word I praise, **In the LORD**, whose word I praise, 11 **In God** I have put my trust, I shall not be afraid. What can man do to me?

LEARN how to PROPERLY GRIEVE your PARENT WOUNDS in his PRESENCE.

VICTORIA was VIOLATED, but it was her HEART that was SUFFERING.

***Betrayal** – Her father should have been her protector.

***Fear** – She felt that God was a PUNISHER. Bad things happen to bad people!

-This is the MINDSET OF RELIGION, NOT THE GOSPEL!

***Shame** – His actions led to undeserved feelings of horror and shame in her heart.

***Loss** – His actions STOLE her innocence and her pure DESIRE for a father figure.

-Many who are abused like this FEAR - and even HATE - DESIRE! **Ambivalence**

*They blame themselves for wanting good things from the one that hurt them

*They think that DESIRE just sets them up for DISAPPOINTMENT and HURT

[Resource: **The Wounded Heart by Dan Allander**]

***Stumbling** – Her father SCANDALIZED her with his actions and set her up for what could have been a CYCLE of sin and scandal through her to others.

-It is common for abusers to have suffered abuse in their past.

FORGIVENESS is the ONLY WAY to STOP that CYCLE! Many people REJECT this!

We have to EXPOSE the PERSPECTIVES that attempt to JUSTIFY our SINS.

Don't allow your WOUNDS to become your EXCUSE to ACT OUT in sin.

Learn how to RECEIVE his comfort IN your pain.

He is the **GOD** of **ALL** COMFORT. [Note: Change from FATHER to GOD: Why?]

***The entire Godhead (Father, Son, and Spirit) is involved IN OUR PAIN** as

COMFORTER: Means "a calling to one's side" (*para*, "beside," *kaleo*, "to call");

*God watches OVER you. Jesus suffered FOR you. The Holy Spirit stands WITH you.

*"Paraklete" is the name given for the HOLY SPIRIT who comes alongside of us.

-He "comes alongside us" in every difficulty and pain.

-This includes the PAIN that you have NOT YET EXPERIENCED!

*God never deceives us about this: **We SHARE the sufferings of Christ.**

-He provides comforters for us even as we continue to suffer!

Embrace the Co-comforters that God sends your way.

ANY and ALL comfort that you receive in life ACTUALLY COMES from God!

-Comfort is INTIMATE PRESENCE and PERSONAL HELP.

***God sent her to the church** (which knew nothing about Victoria's trouble until it was revealed), and they actually served Victoria and her family well during that awful time by providing food and counseling and financial aid. The church has since become precious to her as a FAMILY!

***GOD sent Victoria a STEPFATHER** that became the expression of love that she needed.

***God sent her HUNTER: A husband** that loves, honors, and leads her!

***God sent his SON** to be her SAVIOR. **[She was SAVED as a child. God's mercy!]**

She could have MISSED OUT on all of this if she had STAYED FOCUSED on her wounds. Instead, she brought her wounds to the Savior for healing. And she TRUSTED what he told her.

Watch how God uses HIS comfort in YOUR pain to bring comfort to others!

*King David: God used his pain to bring comfort to millions over the centuries.

-He was a "man's man" but he knew his own emotions and shared them with God.

-His greatest words of praise came out of his greatest seasons of pain!

-God can use your pain in the same way. Are you willing to let him?

Let's pray.