



## HEALING THE SOUL OF A WOMAN • LESSON 3

Pastor Patty Campbell

### Healing the Soul of a Woman • Lesson 3

**Psalm 147:3 NLT “He heals the brokenhearted and bandages their wounds.”**

**Just as our bodies can be injured, sick or hurting, so can our souls (mind, will, and emotions).**

**Proverbs 4:20-22 Amplified Bible “My son, pay attention to my words *and* be willing to learn; Open your ears to my sayings. Do not let them escape from your sight; Keep them in the center of your heart. For they are life to those who find them, And healing and health to all their flesh.”**

- **OUR ENTIRE BEING is *healed* through the *life-giving power* of God’s word – it is more than a book with words on pages – *it is Medicine for the wounded soul.***

**God wants the wounded** – He will heal us of our wounds and equip us to bring healing to others. “He comforts us in all our troubles so that we can comfort others...” 1 Cor 1:4

#### **We learn by God’s Word and by experience (Prov 3:13)**

- Being experienced is a benefit, but getting the experience is painful.
- Don’t allow your pain to be wasted!
  - Share your story, your testimony, and your message.

#### **God did not cause the bad thing that you went through!**

- He’s not an abusive father!

#### **We have to discern the work of God from the work of the Devil.**

- God is GOOD and gives GOOD THINGS to His children.
- The devil is EVIL and comes to steal, kill and destroy.
- **What the devil sent to destroy you God will turn it around for something good!**



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### WHAT IS A HEALTHY SOUL?

A soul that has been renewed by the Word of God.

- A soul that is at rest
- Not burdened with guilt or shame
- Doesn't worry or become anxious
- Not fearful

**Jesus told us to come to him and he would give us rest for our souls.**

**Matt 11:28 AMP** “Come to Me, all you who labor and are heavy-laden *and* overburdened, and I will cause you to rest. [I will ease and relieve and refresh your souls.]”

**Help I Don't Understand Myself – Why do I act the way I do or react the way I do?**

We need to ask the Holy Spirit to help us discern (see things as they truly are) and get to the root of our behavior.

- He will help direct you on your path to healing.

**T O N I G H T:** You are God's Beloved – Hurting People Hurt People – Unload the Guilt & Shame

#### **I. You are God's Beloved**

We all desire unconditional love – We were created to be loved & don't function well without it.

**1 John 3:2 NKJV** “Beloved, now we are children of God.”

**A.** God loves you this moment as much as He ever will.

1. His love is not based on what you do but on Who He is.

- **1 John 4:** “He who does not love does not know God, for God is love.”



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2. God's love cannot be earned, it's a free gift.
3. His love can only be received by faith.
  - **1 John 4:16** New King James Version "And we have **known and believed** the love that God has for us. **God is love**, and he who abides in love abides in God, and God in him."
  - We receive His love by faith, but if we persist in believing it, we will begin to feel His love.

### B. WHAT DOES IT MEAN TO BE LOVED OF GOD?

Love is a term of affection, it means to long for, to respect and hold in affectionate regard.

- To be loved at every moment with a complete, perfect, unconditional love.
- God's love is perfect because he is perfect.

#### 1. God's love brings healing to our souls, but it also gives us confidence and courage.

- **1 John 4:18** Amplified Bible, Classic Edition "There is no fear in love [dread does not exist], but full-grown (complete, perfect) love turns fear out of doors *and* expels every trace of terror! For fear brings with it the thought of punishment, and [so] he who is afraid has not reached the full maturity of love [is not yet grown into love's complete perfection]."
  - a. This doesn't mean that if I love others, I will have no fear in my life.
  - b. It is grasping the unconditional, amazing love of Jesus (His goodness, grace, and mercy).

#### 2. We will not be tormented by fear when we truly understand His love for us.

- a. One of the first songs children learn in church is "Jesus Loves Me"
- b. Do we fully grasp His love?
  - He doesn't stop loving me when I don't behave perfectly



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- The more time I spend learning of Him and Who He is (His character), the more I will be able to see His love for me.

### 3. If you have a problem with receiving God's love, you may want to follow the personal example the author lays out in our book.

- Get a notebook and write down every scripture you can find on God's love.
  - Find books by Christian authors who have written about God's love.
  - Confess out loud in your prayer time and throughout the day that God loves you.
- a. Receiving love can be difficult for those who have been deeply wounded in our lives.
- b. The Apostle Paul told the church in Ephesus:
- **Ephesians 3:17** "May Christ through your faith [actually] dwell (settle down, abide, make His permanent home) in your hearts! May you be **rooted deep in love and founded securely on love**, May you be fully capable of comprehending with all the saints (God's people) the width and length and height and depth of His love [fully experiencing that amazing, endless love];"
  - Be ROOTED DEEP in God's love.
    - Unshakable in the trials of life
    - When things aren't fair
    - When we face painful experiences
  - God is with us in everything. He will take what the enemy meant for evil and turn it for good (Rom 8:28)

### C. LEARN TO RECEIVE GOD'S LOVE

BOOK QUOTE: You might think, *Why would God love me?* He loves you because He chooses to. He wants to. God is love and love needs to pour itself out; it must find someone to shower itself on. It cannot remain dormant because it is a living force.



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We'll never be able to reason why God would love us the way He does. Why he sent His son to die for us and pay for our sins. But the truth is, he does!

1. **We must receive His love by faith** (or we will continue living empty, unfulfilled, and broken lives).
2. **To RECEIVE means to be a receptacle and take in what is being offered.**
  - Are you a receptacle right now that can receive the love that God has for you?
  - Will you open your wounded soul and receive the love that God has for you?
3. **The difference between GETTING and RECEIVING.**
  - a. Trying to GET something means you obtain it by struggle and effort.
  - b. We cannot GET God to love us because He already does and He always will!
    - **Jeremiah 31:3 – He has loved us with an everlasting love (cannot come to an end).**

#### 4. **Receiving Love and Grace.**

On those days you have messed up, made huge mistakes, and Satan tries to make you feel unloved, open your Bible and read:

**Romans 8:35** "Can anything ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? **And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord."**



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### II. HURTING PEOPLE, HURT PEOPLE

One of the most difficult things that God will ask you to do is forgive those who have hurt you.

If you remain angry with someone who has hurt you, you are giving them permission to keep hurting you over and over again through your memories and bitterness.

#### A. GOD IS OUR VINDICATOR! Vengeance belongs to Him.

**Romans 12:19 Amplified Bible** - "**Beloved**, never avenge yourselves, but leave the way open for God's wrath [and His judicial righteousness]; for it is written [in Scripture], "VENGEANCE IS MINE, I WILL REPAY," says the Lord.

#### B. FORGIVENESS IS THE SINGLE MOST POWERFUL THING YOU CAN DO.

- It releases us from torment and allows us to get on with life.
- It will save you from years of misery.
- QUESTION: What kind of life do you want to have?
  - a. One that is abundant, free and full of joy?
  - b. One that keeps you tethered to the past?

#### C. LET IT GO!

- **1 Peter 5:7 AMP** "casting all your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully]."

1. The wounds and pains we hold on to become a heavy burden to carry.
2. Carrying these burdens can be the root cause of many mental and physical illnesses and disorders.
3. Jesus wants your heavy burdens.



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- **Psalm 55:22 AMP** “Cast your burden on the LORD [release it] He will sustain *and* uphold you;”

**4. Don't keep holding on to something that you can't do anything about.**

**5. Holding on allows your pain and your wounds to remain – let it go!**

- a. Book Example: Rattlesnake biting itself.
- b. Our secrets make us sick on the inside. They fester in our souls and seep out into our behavior.

**6. Repressed anger will keep popping up no matter how hard we try to hide it.**

- Depression
- Anxiety
- Mood disorders
- Alcoholism or drug addiction
- Eating disorders
- Violence
- Many others

**7. Let it go – Nothing good comes from anger.**

- Choose to forgive

### III. UNLOAD THE GUILT AND SHAME

Two of the most tormenting, destructive, and debilitating things that wounded people experience are guilt and shame.



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**Our days can be absorbed with feeling bad about ourselves for what we have done wrong or what has been done to us.**

### **A. Guilt and Shame come from the accuser (the devil) who makes his accusations:**

- What happened to you is your fault.
- If you had been better, this wouldn't have happened.
- If you had been stronger you wouldn't have allowed them to sexually abuse you.
- If you hadn't been a coward you would have stood up to your abuser.
- If you were smarter, this wouldn't have happened.

#### **1. The devil is our accuser. He is also a liar!**

#### **2. We have everything we need to overcome him.**

- Rev 12:9-11 "...They overcame him by the blood of the Lamb and the word of their testimony..."

#### **3. If you are a victim of abuse, it's not your fault.**

People didn't abuse you or mistreat you because something is wrong with you, they did it because something is wrong with them!

### **B. Unload the GUILT.**

Guilt is anger that is directed at ourselves. Even though our guilt is removed by the grace of God, we will continue to suffer from it until we forgive ourselves.

#### **1. When God forgives us, He remembers our sins no more.**

#### **2. Guilt should be resisted – the feeling may be real, but it is based on a lie.**





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3. People with wounded souls can live with guilt of what happened to them, or guilt because of what they've done, but either way, But God wants you free from guilt.
4. Satan works to make us feel worthless and devalued and one of the ways he works is to load us down with guilt and shame.

### C. Unload the SHAME.

When people go through traumatic experiences, like abuse, abandonment, or rejection they begin to question, "What is wrong with me?"

They feel shame because of what happened to them and that shame gets rooted on the inside making them ashamed of who they are.

Example: Joyce said in her life that she was full of shame. Shame had poisoned her thoughts, her emotions and her life choices. "The shame had to be dealt with, and it was through taking God at His word, instead of continuing to be controlled by my thoughts and emotions that I was finally set free."

#### 1. Jesus has a remedy for our guilt and shame.

- He will take our feelings of "What's wrong with me", and offer us rightness or righteousness which is right standing with God.  
- **2 Cor 5:21** "For He made Him who knew no sin *to be* sin for us, that we might become the righteousness of God in Him."
- He takes our sin and gives us His righteousness.
- We have been made the righteousness of God through faith in Jesus.
- Ephesians 6 says we are to put on the breastplate of righteousness.



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- a. **Put on** means to firmly believe and learn to walk in the dignity God offers you as His precious, valuable child.
  
- b. I'm not righteous in myself, but by faith I can receive God's righteousness just as I have received salvation by faith, the Holy Spirit by faith, healing by faith – everything we have as believers comes by faith!

**CLOSING: If you are struggling with guilt & shame, you need more insight about who you are in Christ.**

- Study about who you are as a born-again child of God
- Read the scriptures about your right standing with God
- Confess them often
- The day will come when the reality of this truth will make its way from your head to your heart.

**REMEMBER:** You are God's beloved - He will help you forgive those who hurt you - He will take your guilt and shame – You have a new identity in Him