



HEALING THE SOUL OF A WOMAN • SESSION 6

Pastor Patty Campbell

Healing the Soul of a Woman • Lesson 6

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

God wants to heal us! He wants to heal our wounds and our scars to the point that when people look at us, there will be no evidence of what we have been through!

ROADBLOCKS TO HEALING

Isaiah 57:14 NIV “And it will be said: ‘Build up, build up, prepare the road! Remove the obstacles (roadblocks) out of the way of my people’.”

INTRO: Healing will require our cooperation. We must be willing to face the truth and be brutally honest with ourselves. Facing the truth is not always easy. John 8:32 says the truth makes us free.

It’s going to take some work to climb up out of the pit that you have been in – just because someone threw you into the pit of misery doesn’t mean you have to stay there.

Psalm 40:2 NLT “He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along.”

I. The Roadblock of Avoidance

Many times, we try to run from our problems, we avoid dealing with them, hoping if we avoid them long enough, they will go away.

A. Ignoring a problem, never makes it go away.

1. As long as we bury the pain, it will continue to torment us. Pain buried never dies.
2. Our secrets can make us sick physically and emotionally.



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B. When we avoid dealing with our problems, they will continue to resurface - making us miserable.

1. Sometimes we hold on to our hurt because it's our excuse for our current behavior.
 - "I can't help the way I am."
 - "You don't know what I've been through."

C. When God says, "It's Time"

1. When God spoke these words to Joyce, she knew he was telling her that she had to face the past, and deal with it in order to go forward.
2. This was the first roadblock that had to be removed.
3. If you have been running from your past, you can make the decision to say, "It's time!"
 - It's time to stop blaming your past for your current problems.
 - Our past may be the reason we behave like we do, but we should not let it become an excuse to stay the way we are.
 - Buried feelings will constantly affect us in negative ways until we confront and deal with them.
 - They don't just vanish on their own they must be dealt with.
 - God's word is the healing ointment for our wounded souls.

D. Facing reality.

Book Quote: *"A wounded person, may waste years of their life, trying to get something from someone that they simply don't know how to give."*

1. We can spend a lot of time desiring to be loved and accepted by people who aren't equipped to give it.
2. Psalm 27:10 NLT "Even if my father and mother abandon me, the Lord will hold me close."
 - a. Face the past and move on.



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- b. Don't remain focused on the past excessively, that can be very destructive.
- c. As God brings things up in your heart, that's when you deal with them.
- d. Pray about it, forgive any one you need to forgive, and then let it go and move forward.

E. Facing the truth can be painful especially when it's the truth about what we've done wrong.

1. There are two kinds of pain: the pain of going forward, or the pain of remaining where we are.
2. It is difficult to face the truth about what others have done to us, but is often more difficult to face truth about what we have done that is wrong.
 - a. We should not be afraid to face the truth about our sin, asking God, and the people we have hurt to forgive us.
 - b. Doing so should not load us down with guilt and condemnation, but rather set us free.
 - c. There is nothing we cannot be forgiven for. No amount of sin is too much for God to forgive.
3. **Romans 5:20** AMPC "But where sin increased, [God's remarkable, gracious gift of] grace [His unmerited favor] has surpassed it and increased all the more,"
 - God's grace – his undeserved favor – is greater than any and we or anyone else could ever commit.

II. The Roadblock of Blame

As long as we are blaming anyone or anything for our own bad behavior, we will never break free from it. We have to take ownership of our behavior so God can set us free.



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- A. The blame game started in the Garden of Eden.
- B. How many times do we blame others instead of taking responsibility for our own actions?
- C. When we say, “That was totally my fault, and I’m sorry I did it,” it sets us free and improves our relationships with others.

III. The Roadblock of Excuses

Making excuses for our wrong behavior is a major roadblock to our progress that has to be confronted and moved out of the way.

A. Empty Excuses

1. Carry no weight - have no truth in them
2. Freedom comes when we learn to say, “I’m sorry, and there is no excuse for my behavior.”
3. Not only does this set us free, it goes a long way in helping the people we have hurt to forgive us.
4. There will be no healing until we start taking responsibility for our actions.

IV. The Roadblock of Self-Pity

“As Christians we should never feel sorry for ourselves. The moment we do, so we lose our energy, we lose the wheel to fight and the wheel to live and are paralyzed.” - Martin Lloyd Jones

Illustration: The One You Feed (Cherokee Elder - Two wolves)

Many of us have felt sorry for ourselves. Some of us have many reasons to have self-pity. However, on the journey to healing, self-pity is a roadblock that keeps us from living the best life that God has for us.

- Self-pity won’t go away on its own



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- We have to stop feeding it – that means stop giving in to it.
- Just because the devil invites us to a pity party, doesn't mean we have to attend.

A. Has Self-Pity Ever Helped You?

1. The truth is no, not one bit.
2. It doesn't help us change anything
3. It doesn't help us make progress
4. It doesn't change people around us
5. But it does drain our energy, steal our hope, keep us from enjoying anything, and worst of all it prevents God from helping.

B. Self-pity leaves us feeling hopeless.

1. Hopelessness is one of the worst feelings in the world.
2. Self-pity & hopelessness leads to depression
3. It prevents us from seeing the good things that we do have.
4. Book Quote: "Self-pity is actually bragging to ourselves about how bad we have it in life."
 - "My life is worse than that of anyone I know."
 - "I have it so bad. I don't know how anyone can have it this bad survive."
 - "Nobody understands how I feel, and nobody cares."
5. Start bragging about the good things you have and ask God to take care of the bad!

C. Self-pity is an enemy and should be treated as such.

1. Would you open the door and invite a thief into your home?
2. That's what we do when we open the door to self-pity and other destructive attitudes.



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D. Self-pity is a feeling that you are a victim of something or someone.

1. It is fed by meditating over and over on your challenges, difficulties, and problems in life
2. It is also fed by comparing your life to someone you think has it better than you do.
3. **Are you feeding the wrong wolf?**

E. We have Jesus, and all good things are found in Him.

1. The seeds of an amazing life are in us, but destructive attitudes like self-pity will keep them from blossoming in our lives.
2. In Him we have an ever-living hope (1 Peter 1:3).
3. Hope is the positive expectation that something good is going to happen to us at any moment.
4. Hope cannot coexist with self-pity.

F. We choose what wolf we will feed. Choose the good one:

1. The one that makes us thankful
2. The one that makes us joyful
3. The one that makes us helpful to others
4. The one that trusts God to help us with any difficulty we have.
5. We don't have two wolves, living inside of us, but we do have two sides to our nature. We have the fleshly nature, and we have a new nature, re-created in the image of God. Each day we feed one or the other, and the one we feed the most, is the one that becomes the strongest.

You could have pity or power, but you can't have both! Which one would you choose?



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G. Two antidotes for self-pity are being aggressively thankful and doing things for others.

1. It's time to give up all the excuses and knock the roadblocks in life out of the way so you can move forward.
2. Healing for your soul, and an enjoyable life are waiting for you at the other side of the roadblocks!

V. Closing:

It's time to give up all the excuses and knock the roadblocks in life out of the way so you can move forward.

Healing for your soul, and an enjoyable life are waiting for you at the other side of the roadblocks!