



HEALING THE SOUL OF A WOMAN • SESSION 7

Pastor Patty Campbell

Healing the Soul of a Woman • Lesson 6

“He heals the broken hearted and bandages up their wounds” Psalm 147:3 NLT

- I. **STAND UP FOR YOURSELF** (Your painful past doesn't have to be your destiny)
 - You can take a stand against the wrong behavior of those who have hurt you.
 - Most controlling people will do whatever others are willing to put up with.
 - Stand up for yourself but do it the right way.
 - We don't become ungodly while trying to deal with the ungodly behavior of others.
 - **Don't judge others through your pain.**
 - When a woman has been seriously mistreated, it is unlikely that she has the ability to view things and people in a balanced way.
 - We should never make those around us pay for how others have mistreated us.
- A. **Standing up for Yourself is setting boundaries.**

Question: How do we confront people who are bullies, domineering, judgmental, etc.?

 - Face to Face is usually best because our demeanor, facial expressions, and body language can be seen.
 - Keep your voice tones as kind as possible, but also be firm and determined.
 - **Proverbs 15:1 NIV “A gentle answer turns away wrath, but a harsh word stirs up anger.”**
- B. **ESTABLISH BOUNDARIES – DON'T BUILD WALLS**
 - A boundary is like a fence that protects your property.
 - **We set boundaries for ourselves**
 - Budget – How much we work – How much we rest – Making healthy choices
 - **We also must set boundaries for others in our life.**
 - That prevent us from being hurt
 - That let others know that if they want a relationship with us, they won't be allowed to take advantage of us.
- C. **Healthy boundaries are safety nets for us and other people, but we need to be sure we are setting boundaries, not building walls.**



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- Most fences have a gate in them, if they don't, they are no longer a fence but a prison.
- When a fence has a gate, we can get out if we want or we can let someone in if we want.
- Walls have no gates.
 - They wall others out of your life
 - They wall you in.

II. HEALING THE WOUNDS OF CODEPENDENCY

"I was your cure, and you were my disease I was saving you, but you were killing me!" -- Author Unknown

A. We've all had loved ones that have harmed themselves through destructive or addictive behavior.

1. It wounds our souls to watch the people we love wound theirs.
2. Although it's always good to try to help people who are hurting, when helping them begins to destroy us, we have to stop.

B. Book Quote: "If someone you love is making bad choices and all of your efforts to help them have not done any good, be careful that you don't take on an exaggerated sense of responsibility, thinking it is your job to rescue them."

1. Many people say they want to change, but they're not willing to do what is required of them.
2. No one can fix someone else's problems if they are not willing to do their part.

C. God has called us to help people, but, He has not called us to live lives that are controlled and manipulated by the poor choices others make.

III. THE PAINLESS PATH

- Most of us want a painless path. The Bible speaks of two paths; the straight and narrow path that leads to life and the broad path that leads to destruction.
- **Matt 7:13-14 NKJV** "Enter by the narrow gate; for wide *is* the gate and broad *is* the way that leads to destruction, and there are many who go in by it. Because narrow *is* the gate and difficult *is* the way which leads to life, and there are few who find it."
- **BROAD PATH** – this path is easier, wider, plenty of room for all of our baggage.
 - It will not take us where we want to go, but will lead us to destruction.



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- **NARROW PATH** - this path isn't easy – we will have to leave our baggage behind. The Holy Spirit will show us what to leave (offense, hurt, unforgiveness, guilt and shame or self-pity).
 - We stay on the narrow path by making right choices according to the will of God.
 - This path leads to the kind of life God wants for His children.

- A. **WE USUALLY WANT SOMETHING THAT IS EASY TO DO, BUT GOD WANTS TO GIVE US GRACE (EASE) TO DO VERY DIFFICULT THINGS.**
 - EX: Working out – If it is always easy, you aren't making much progress.

- B. **IS ANYTHING REALLY FREE?**
 1. We all get excited about getting something we think is free. But even if we get it for free, it cost someone else something.
 - a. Our salvation is free, but it cost Jesus His life.
 - b. God has freely provided all that we need, but it will require diligence, effort and willingness to keep going even when we want to quit.

- C. **PICK YOUR PAIN**
 1. Looking at the end from the beginning of a painful journey helps us not turn back when it's difficult.
 - a. Hebrews 12:2 NKJV "looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God."
 - b. Jesus was facing the pain of being crucified and dying on the cross, the bible says he endured the pain of it for the joy of the prize that was before Him.
 2. DO YOU WANT THE TEMPORARY PAIN OF PROGRESS OR THE ETERNAL PAIN OF STAYING THE SAME?
 - a. PAIN OF ANY KIND IS EASIER TO ENDURE IF WE KNOW THAT IT IS LEADING TO SOMETHING GOOD.
 - b. There is joy on the other side of this pain.



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D. WE HAVE TO MAKE THE DECISION TO LET GOD OPEN ALL THE WOUNDS IN OUR SOUL AND HEAL THEM

1. When we let Him work, he will heal us so we can enjoy the life that Jesus died to give us.
2. It may not be easy but living with the wounds is more difficult.

IV. THE GREAT EXCHANGE

I. JESUS INVITES US TO LIVE AN EXCHANGED LIFE

1. On any day we can exchange a bad attitude for a good one, our sins for forgiveness, our failures for mercy, hopelessness for hope, and so much more! But we don't get the new one until we turn in the old one.
 - a. If we are willing to give ourselves and everything we have to Jesus, He will give us everything He has and everything He is.
 - b. What He offers is immeasurably better than what we give up.

II. GOD'S EXCHANGE STORE IS ALWAYS OPEN.

Isaiah 61:1-3 NIV "The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord's favor and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the Lord for the display of his splendor."

1. **He will give beauty for ashes**
 - a. God wants to give you a beautiful soul and a beautiful life, and He will take the ashes of your past and make something beautiful out of them.
 - b. He can move your life forward into something beautiful regardless of what you have been through.
2. **The first step is to believe in Jesus and to believe that His promises are for you.**
 - a. His promises can become a reality in your life as you take the steps of faith that He directs you to take.



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- b. **Even if your identity has been *I'm wounded from my past*, it can be, *I'm a new creation in Christ*.**

III. THE PROMISE OF RECEIVING BEAUTY FOR ASHES MOTIVATES US TO MOVE FORWARD INSTEAD OF STAYING PARKED IN OUR PAIN.

1. We must be willing to give up our ashes.
2. This means to quit focusing and rehearsing the past.
3. Believe that your past can become a distant memory.

IV. HE EXCHANGES JOY FOR MOURNING

1. People who have been deeply wounded often live with a grieving or mourning spirit.
2. This truly can be EXCHANGED for joy and praise.
3. Making the exchange begins with a decision to believe that with God all things are possible.

V. GOD'S RIGHTEOUSNESS FOR OURS

1. We will never be able to do enough right things on our own to be pleasing to God. Isaiah said that our righteousness is like filthy rags.
2. But we can **exchange** our imperfect righteousness for God's perfect righteousness because of what Jesus has done for us.
 - a. **2 Corinthians 5:21 AMP** "He made Christ who knew no sin to [judicially] be sin on our behalf, so that in Him we would become the **righteousness of God [that is, we would be made acceptable to Him and placed in a right relationship with Him by His gracious lovingkindness]."**
 - b. God, because of his goodness, views me as being right.
 - c. That's good news for the person who has always felt something is wrong with them.
 - d. This is a tremendous scripture to meditate on and confess.
3. Additional Scriptures to meditate on:
 - a. **Psalm 103:12 AMP** "As far as the east is from the west, So far has He removed our transgressions from us"
 - b. **Hebrews 8:12 AMPC** "For I will be merciful *and* gracious toward their sins and I will remember their deeds of unrighteousness (their sins) no more."



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- c. Hebrews 10:17-18 AMPC “He then goes on to say, And their sins and their lawbreaking I will remember no more. Now where there is absolute remission (forgiveness and cancellation of the penalty) of these [sins and lawbreaking], there is no longer any offering made to atone for sin.”

VI. CLOSING:

- Sin is no longer just covered up, always reminding you of what you have done and leaving you feeling guilty, it is completely removed.
- Let Jesus take your sin and guilt and exchange it for His forgiveness and right standing with God.
- You can never visit the exchange store too often – go daily if you need to.
- Never forget you are precious and dearly loved.
- The Lord wants you to have a fulfilling and abundant life on this earth – it won't be without challenges – but living in Him you can have victory!
- You are more than a conqueror through Christ, who loves you!
- You can be healed, whole, and free!
- God can remove all evidence of any soul injuries!
- Decide to move forward and pursue what e has promised you.