

## *Breaking Through* **Healing Our Hidden Wounds**

### I. Introduction

- A. Hidden wounds are hurtful memories that you mainly keep secret, but they cause you pain.
- B. Hidden wounds can come from every conceivable source!

### II. Keys to Healing Our Hidden Wounds

#### A. Forgive the offender!

- 1. I Peter 4:1 (NLT) *So then, since Christ suffered physical pain, you must arm yourselves with the same attitude he had, and be ready to suffer, too. For if you are willing to suffer for Christ, you have decided to stop sinning.*
- 2. When you hurt, Jesus understands your hurt!
- 3. Hebrews 4:15 (NAS) *For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin.*
- 4. Luke 23:34a (NAS) *“Father, forgive them; for they do not know what they are doing.”*
- 5. Forgiveness is never deserved!
- 6. Why forgive?
  - a. Because God has forgiven you!
  - b. You are going to need forgiveness in the future!
    - i. Matthew 6:12 (NLT) *“And forgive us our sins, as we have forgiven those who sin against us.”*
  - c. You will never stop hurting until you forgive.
    - i. Hebrews 12:15 (NAS) *See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled.*

#### B. Put my attention on God!

- 1. I Peter 4:2 (NLT) *And you won’t spend the rest of your life chasing after evil desires, but you will be anxious to do the will of God.*
- 2. You have to focus on the Healer, and not on the hurt!
  - a. Romans 8:28 (NAS) *And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.*
  - b. Release the person, and the hurt, over to God!
  - c. I Peter 2:23 (NLT) *He did not retaliate when he was insulted. When he suffered, he did not threaten to get even. He left his case in the hands of God, who always judges fairly.*
  - d. Psalm 56:8 (NAS) *You have taken account of my wanderings; put my tears in Your bottle. Are they not in Your book?*
  - e. Romans 15:13 (NAS) *Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit.*

#### C. Courageously face the future!

- 1. Job 11:13-18 (NLT) <sup>13</sup>*“If only you would prepare your heart and lift up your hands to him in prayer! <sup>14</sup>Get rid of your sins and leave all iniquity behind you. <sup>15</sup>Then your face will brighten in innocence. You will be strong and free of fear. <sup>16</sup>You will forget your misery. It will all be gone like water under the bridge. <sup>17</sup>Your life will be brighter than the noonday. Any darkness will be as bright as morning. <sup>18</sup>You will have courage because you will have hope. You will be protected and will rest in safety.”*
- 2. Courage is moving ahead in spite of our fear.
- 3. Job 11:16-17 (NLT) <sup>16</sup>*“You will forget your misery. It will all be gone like water under the bridge. <sup>17</sup>Your life will be brighter than the noonday. Any darkness will be as bright as morning.”*
- 4. The key to forgetting is to re-focus.
- 5. Psalm 34:17 (NAS) *The righteous cry, and the LORD hears and delivers them out of all their troubles.*
- 6. I Peter 4:3 (NLT) *You have had enough in the past of the evil things that godless people enjoy—their immorality and lust, their feasting and drunkenness and wild parties, and their terrible worship of idols.*

- D. Live “in community” with some other people.
1. You will never fully recover by yourself!
  2. Ecclesiastes 4:9-10 (NLT) *“Two people can accomplish more than twice as much as one; they get a better return for their labor. <sup>10</sup>If one person falls, the other can reach out and help. But people who are alone when they fall are in real trouble.*
  3. I Peter 4:8 (NAS) *Above all, keep fervent in your love for one another, because love covers a multitude of sins.*
  4. Hebrews 10:25 (NAS) *Not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more as you see the day drawing near.*
  5. God wants you to be involved in the lives of other people!
  6. I Corinthians 11:23-25 (NLT) *<sup>23</sup>For I pass on to you what I received from the Lord himself. On the night when he was betrayed, the Lord Jesus took some bread <sup>24</sup>and gave thanks to God for it. Then he broke it in pieces and said, “This is my body, which is given for you. Do this to remember me.” <sup>25</sup>In the same way, he took the cup of wine after supper, saying, “This cup is the new covenant between God and his people—an agreement confirmed with my blood. Do this to remember me as often as you drink it.”*

### III. Conclusion