

**Podcast Worksheet**  
**How Do You Know When Healing is Finished? Is There an End?**

**Main Points:**

1. There is an end to our healing process. We can be confident God's intention is for us to live a full and free life, not to spend our days working on healing issues.
2. Healing is the redemption and restoration of our heart, mind, beliefs, choices, and soul.
3. During our season of healing, God is redeeming these areas, meaning he is taking them back for his good and perfect purposes.
4. When God heals us, we don't simply gain tools to cope with our pain, leaving us with a limp; he takes the pain out of us, so the wound doesn't remain, at all.
5. Our healing is like a long road trip. We go for a stretch when we are working on issues, then we rest. If we don't get back in the car and finish the trip, however, our healing will never be finished.
6. We must keep going so we get the real reward: peace and joy that lasts, and a changed life.
7. When our mind is healed: the facts remain, but we aren't consumed with thoughts about it.
8. When our heart is healed: our heart comes alive; we come out of hiding; we want to be with people and get involved with others.
9. When our relationship with God is healed: we are drawn to him, wanting more of his love.
10. When our identity is healed: we accept ourselves and feel confident about who we are.
11. When our relationships are healed: we get along with others better, our relationships are satisfying and healthy.
12. When our healing is complete: we begin living for God's purposes, discovering the life he created us to live.

**Questions:**

1. Ask God: Have I neglected to bring to you for forgiveness any offensive choices I've made that have hurt you, myself, or others? Are there any steps of reconciliation or restitution that I still need to take? Listen to his response and record your impressions.
  
2. Ask God: Are there any areas where I have been wounded by myself or others that have not been completely redeemed and restored? Listen to his response and record your impressions.
  
3. What part(s) of healing are you looking forward to experiencing?

**Prayer of Response:**

Lord God, I realize there are more issues that need attention in my life. Please give me the courage and strength to face them, with your help. I don't want to walk with a limp anymore. I want to live the fullest, most satisfying life possible. Help me get back in the car and finish the trip. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to \_\_\_\_\_

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