

Date:

**Podcast Worksheet**  
**Life After Healing: Living in the Promised Land**

**Scriptural Texts:**

Psalm 42:2; Isaiah 26:3; 32:17; 61:3; Ezekiel 11:19; 36:35-36; John 8:32; 10:27; Ephesians 2:10

**6 Goals of Healing:**

1. God wants us to have a peaceful mind that knows the truth.  
    ) After healing, our mind is confident, quiet, and peaceful.
2. God wants our heart to be whole, healed, and filled with peace, joy, and hope.  
    ) It's not God's plan to run our race with arrows in our heart.
3. God wants to be in an intimate relationship with us.  
    ) We can't get to the Promised Land if we are separated from God.
4. God wants us to be and live as the man or woman he created us to be.  
    ) We have to know our inherent value and be content in how God made us before we can live our intended life.
5. God wants us to be able to relate to people through grace, mercy, honesty, truth, and love.  
    ) When we receive our new heart, we will operate out of love and our relationships will be primarily healthy.
6. God wants us to serve in his kingdom from a heart that worships him.  
    ) We were made to serve God. After healing, we are strong warriors, ready for battle.  
    ) Being healed doesn't mean we no longer have challenges; it means we have the strength and tools to find our way to Trust Trail when something difficult happens.

**Questions:**

1. In which of the 6 goals have you seen some progress since God has been working in your life? Describe your observations.
  
  
  
  
  
  
  
  
  
  
2. Which of the 6 goals do you think God needs to work on now? Why?
  
  
  
  
  
  
  
  
  
  
3. Read Isaiah 61:3. Describe what this means to you.

**Prayer of Response:**

Lord God, please help me keep these goals in mind and to always remember that you are taking me to a great place, to the life you intend for me. I see progress, but I know we still have a ways to go. I give you permission to boldly continue your healing in me until the work is done. In Jesus name, amen.

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

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