Podcast Worksheet
What is Healing? Understanding Our Wounds and the Remedies

Scriptural Texts:
Psalm 23:3; 62:5; Isaiah 1:5; Ezekiel 36:26; John 8:32; Romans 8:6; Galatians 5:1; Colossians 3:13; Hebrews 13:5; 1 John 3:1

Main Points:

1. Healing is the process of God's redemptive truth coming into our heart, head, spirit, and soul in order to back our life.
2. We need to know where our wounds are located, and the type of wound, because the remedy for each one is different.
3. The wound to our head includes tormenting thoughts and questions that revisit the event repeatedly.
4. Healing for our head involves hearing, learning, and receiving the truth about our painful events, God, and ourselves.
5. The wound to our spirit injures our belief system, tempting us to doubt our value, God's love, and his desire to help us.
6. Healing for our spirit involves believing the truth about God character, his relationship with us, and our identity.
7. The wound to our soul includes harmful reactions on our part, regretful actions that hurt God, others, and ourselves.
8. Healing for our soul involves acknowledging our actions, confessing our offenses against God, and receiving his guaranteed mercy.
9. The wound to our heart includes any painful feelings like anger, rejection, betrayal, fear, guilt, shame, disappointment, etc.
10. Healing for our heart involves forgiving our offenders, and possibly forgiving ourselves and God.

Questions:

1. Describe the wound(s) to your head and spirit. What step can you take toward healing?

2. Describe the wound(s) to your soul. What step can you take toward healing?

3. Describe the wound(s) in your heart. What step can you take toward healing for your heart?

Prayer of Response:
Lord God, I ask you to bring your redemptive truth into my heart, mind, spirit, and soul and take back my life. I need you to direct my healing process, taking me to each area needing your power and truth so I can be fully restored. I want to live a whole and healthy life. In Jesus name, amen.

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

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