

Healing a Wounded Spirit
Lesson 5 – Allow God’s Wisdom to Heal Your Wound

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Introduction: Our God knows how to bring about healing.

- A. You will not live long without wounds.
 - 1. As a typical boy I had many of them. As you may suspect, some head wounds!
 - 2. My dad often dad to me when I hit a finger with a hammer: “Son, 10 years from now you won’t know the difference!”
 - 3. This is not true of emotional wounds. I have vivid memories and emotions of things that happened when I was 15 years old!
- B. By seeing God’s wisdom our God can provide healing for our emotional wounds.
(Psa 109:21-26)
 - 1. The first step is pleading with God and being willing to learn.
 - 2. Many stubbornly refuse God’s ways because they are like Naaman and want to tell God how to do His work! Those who do not trust God cannot be helped.

I. Do not Bury Your Wounds

- A. Without God’s help we can carry our hurts for the rest of our lives.
 - 1. We desperately need the help of God in how we respond to hurt.
 - 2. We can curse our children and even generations from passing on wrong ways to deal with hurt. The gospel can make a huge difference. **(Titus 3:3)**
- B. Let Jesus Christ be your example. No one was hurt like our Lord.
 - 1. He was rejected by those He loved. **(Jn 1:11)**
 - 2. He was “wounded in the house of my friends.” **(Zech 13:6-7; Lk 22:48)**
 - 3. In His hour of greatest need He was forsaken and denied by His closest friends. **(Lk 22:60-62)**
 - 4. He never once struck back.
- C. How did Jesus respond to those who wounded Him? **(1 Pt 2:21-25)**
 - 1. Even though He was hurt He never responded in kind. He refused to sin against those who sinned against Him. God remained in control of His thoughts.
 - 2. His faith allowed Him to commit “Himself to Him who judges righteously.” He trusted God with *both vengeance and outcome*. **(Rom 12:19-21)**
- D. How can we know what we should do and what we should give to God?
 - 1. Jesus wanted His example to cause us to ask these questions. **(Mt 11:28-30)**
 - 2. Think this out. What should you do when someone has hurt you? Where does your responsibility end and others take over? What does God ask us to do? **(Rom 13:4)** (Ex. A case of road rage, violation of rights at work)

II. How to Live a Miserable Life

- A. Let your emotions dictate your actions.
 - 1. Good men can become very disillusioned when they just focus on their hurts. **(Ps 73:11-14)**
 - 2. When emotion overcomes reason then God is no longer in your thoughts.
 - 3. Jeremiah had wounds that would not heal until He turned back to God and discerned His ways! We must surrender our thoughts! **(Jer 15:16-19)**

- B. Feed your hurt so your anger never goes away. **(Eph 4:26-27)**
1. God gives us a way to be released from uncontrollable anger.
 2. Few realize the price paid for deeply held resentment! It affects home life, health, energy, view of life. **(Eph 6:4)**
 3. It poisons the mind and the heart. It creates an atmosphere that repels! **(Mt 15:17-20; Gal 5:19-21)**
 4. It is more dangerous to the person harboring it than the object. It creates an unreal world with imaginary people.
 5. It is a true cancer of the soul. It is only a matter of time until it destroys.
 6. It makes you do irrational things. God views us as a murderer **(1 Jn. 3:15)**
 7. Richard Nixon August 9, 1974: "Those who hate you do not win until you hate them back and that will destroy you."
- C. Refuse to be reconciled with God or man.
1. In hurtful times do not close your heart to any wrong you have done.
 2. A rebellious heart will attack the humble who lovingly point out their sin! Many Christians have experienced "enemies without a cause." **(Ps 35:19; 69:4; Prov 14:16; 23:9)**
 3. First put yourself before God and seek His forgiveness. Then seek to be reconciled with others. **(Eph 4:31-32)**
- D. Commit yourself to an increasing pattern of withdrawal.
1. This is a powerful tool of false teachers. You can in your emotion run from those who could reason with you and help you! **(Gal 4:16-17)**
 2. Listen to the common pattern of addicts:
 "Hurt people, hurt people." "Many grow up in dysfunctional families where the unspoken rule is: 'Don't trust. Don't feel. Don't tell.'" "HOW do I change? By Honest, Open, and Willing behavior. That's H-O-W." "We're only as sick as the secrets we keep."
- III. How to heal a wounded spirit**
- A. Tend to your attitudes and actions, not someone else's. **(Jn 21:21-22)**
1. You cannot change others but you can change yourself!
 2. Consider the Tract: "A Better World Begins With Me"
- B. Clean out the wound by giving it to God in prayer! Consider the example of Jesus. **(Lk 23:34)**
- C. Learn to practice forgiveness. **(Eph 4:32; Col 2:13)**
1. There is nothing more healing than to give your desire to vengeance to God and then to find reconciliation with another.
 2. It is not easy but the alternative is harder. **(Mt 6:12-15)**
- D. Pray for those who mistreat you **(Mt 5:44)**
- E. Make allowances for others **(Jas 2:13)**
1. Jesus said "they know not what they do" **(Lk 23:34)**
 2. Seek to see good in others in spite of the evil. **(1 Cor 13:4-7)**
- F. Overcome evil by Good **(Rom 12:21).**
1. You can have a positive life in spite of others.
 2. With God's help your faith can overcome! **(1 Jn 5:4)**