



# Soul Care: **Healing Wounds**

As with all the Soul Care principles, walking in healing is a choice. Sooner or later we have to take responsibility for the baggage we carry and we have to process it. Then we can receive healing.

**God is smart, and He knows stuff we don't know and He likes to tell us.**

- He knows what needs to be healed, and He knows how to deal with it. Is there an event you are living in denial of its effects on you? Ask Jesus.

**Not all wounds affect all people in the same way. How we react, or over-react, can be an indication that there is a lingering hurt from a past event.** Have there been incidences where your reaction was disproportional to the offence? Pray and ask the Holy Spirit to remind you of someone's actions.

**Everyone carries internal pain and external baggage that affects their relationships, their walk with God and their well-being.**

## **In a moment of quiet reflection with the Holy Spirit:**

Experience: recall a major wound and ask the Holy Spirit how He wants to address this wound. Maybe He would have you invite Jesus to come. Watch and listen. Enter His presence. Follow His leading.

**Ask, what are some of the major wounds in my life?**

Ask the Holy Spirit to show you any areas that may need healing. Let Him surface memories to mind. Some of the memories may surprise you. Don't dismiss them.

Take time over the next days and weeks to allow the Holy Spirit to surface other memories that need His healing touch. Invite the presence of God in and listen to the promptings of the Spirit.

Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed. (Isaiah 53:4,5)

Being healed from wounds is deeply tied to the process of forgiveness. Through dealing with wounds you may find it leads you to the source of that pain and you will need to forgive. Choose to release that person from the guilt so that you can move to freedom and healing.

It is important for us to believe that God can redeem the pain in our life. Not that God sent it, but that God can redeem it. "He turns the arrows of the enemy meant to destroy us into the scalpels of the Great Physician meant to heal us." Where has God used your pain, to bring healing to others, or draw you closer to Him?

---

---

---

---

---

**The language of the heart is symbol. Words often do not heal the heart. God gave us our imaginations, and He gives us prophetic pictures, dreams, and visions that bring healing to our damaged souls, which have been afflicted with painful memories. As you seek Jesus' healing presence, be open to the prompting of the Holy Spirit. Pay attention to the whispers and pictures that the Spirit may bring.**

One of the ways the Spirit brings healing is for the person to become aware of the presence of Jesus in a hurtful memory. Jesus is always with us, even if we can't see Him or aren't aware of Him. Allow the Holy Spirit to reveal to you where Jesus was in the middle of a painful memory.

When God meets you in powerful ways, write it down. Journal it - record it so you can remember it and reflect upon it with the help of the Spirit, so you can learn all you can from it. If you haven't already begun to record what God is saying to you during this series, or what He has done in your soul, start today. Write here. Write now.

---

---

Sometimes the Lord brings healing through meditation on Scripture. The Holy Spirit will have us meditate on a passage of Scripture, and He will use that passage to bring us revelation of Jesus' presence that can heal. What passage of Scripture is Christ inviting you to meditate on?

Share these discoveries in a safe group you meet with to journey through this series.

**O**ur goal should not be to feel better; our goal should be to know and be more like Jesus. As we know and become more like Him, our souls will be healthier and that will bring its own reward.