Healing Wounds

Wounds ignored do not disappear; what is buried often controls.

TEACHING OUTLINE

- Wounds ignored do not disappear
- What is buried often controls

1 **Why Wounds Matter**

- Unhealed wounds distort identity
- Pain shapes perception
- Triggers reveal unresolved hurt

2 **What Emotional Wounds Produce**

- Defensiveness
- Shame and hiding
- Overreaction or withdrawal

3 **What Healing Is**

- Bringing pain into the light
- Inviting God into memory
- Replacing lies with truth

4 **What Healing Is NOT**

- Not reliving trauma endlessly
- Not blaming forever
- Not instant emotional relief

5 **The Role of Truth**

- Truth precedes freedom
- God defines reality
- Identity must be restored

6 **The Role of Grief**

- Grief honors what was lost
- Lament is biblical
- Suppressed sorrow resurfaces

7 **Safety and Healing**

- Healing requires safety
- Boundaries may be necessary
- God is a refuge

8 **God in the Wound**

- God was present
- God sees fully
- God restores what was broken

9 **Healing Takes Time**

- Process, not event
- Layers may surface
- Progress over perfection

10 **From Wound to Wisdom**

- Scars can testify
- Compassion grows from pain
- Healed wounds strengthen others

11 **Spiritual Action Steps**

- Invite God into the memory
- Identify lies formed in pain
- Receive truth intentionally

12 **Anchor Truth**

- God heals the brokenhearted
- Wounds do not define destiny
- Restoration is possible

READ MORE

- Soul Care – Principle #5: Healing Wounds