

Healing For the Wounded Spirit

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I. Introductory Remarks.

As I begin this message, I want to ask you a very important question.

Are you tired of being chained to your past... emotional wounds, broken relationships, addictions and other areas of your life that keep you in bondage from being the successful person you would really like to be?

If so, I want you to know that there is hope for you. Jesus came to heal the brokenhearted and the oppressed and His Spirit is with us today carrying out this important purpose in our lives.

Luke 4:18 "The Spirit of the LORD is upon Me, because He has anointed Me to preach the gospel to the poor. **He has sent Me to heal the brokenhearted, to preach deliverance to the captives and recovery of sight to the blind, to set at liberty those who are oppressed...**

No matter who we are, we have most likely been affected by emotional wounds. Life's pathway has a way of affecting most of us in this way. I say this with confidence, because I am aware of the cruel and imperfect world we must all cope with.

None of us are exempt from being emotionally hurt from time to time, but you need to know that God's desires for you to be healed of these wounds.

Even King David had wounds that needed to be healed.

Psalms 109:22 For I am poor and needy, and my heart is wounded within me.

No matter who we are—businessperson, salesperson, construction worker, blue collar worker, computer whiz, professional person, mother, father, husband or wife—life can be very cruel and hard, giving us emotional wounds and scars that affect our lives in a very negative way. On the outside, we may look good, but on the inside many of us are hurting from the emotional wounds we've picked up along life's journey.

Some of you have already acknowledged and dealt with your wounds and have received healing and are living successful lives as a result; and there are some of you have accepted your wounds and are coping with life as best as you can. And then there are those of you who are barely able to function because you have

become so injured as a result.

Is there hope for you? Can your wounds be healed? I believe the answer is an unequivocal yes!

II. Society's Indicators.

There are many indicators in our society that reveal to us how far reaching these wounds have spread.

- Suicide is the **SECOND** leading cause of death for ages 10-24. Suicide is the **SECOND** leading cause of death for college-age youth and ages 12-18.

More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease, **COMBINED**.

The suicide of beloved actor Robin Williams shocked the world. He won an Oscar for his role in *Good Will Hunting*, not to mention two Emmys, six Golden Globes, and five Grammys over his career. He ended his life by hanging himself at his home in Paradise Cay, California, after a long history of depression.

The country singer, Mindy McCready killed herself with a self-inflicted gunshot wound in 2013, having twice attempted suicide in the past. She fired the shot on her front porch, the same place where her former boyfriend and youngest son's father fatally shot himself a month earlier. McCready's children were already in foster care at the time of her death.

- A society that is addicted to everything and anything.
- So many people on meds—anti-depressants.
- The popularity of therapists and support groups. There are a support groups for everything.
- The topics on the many talk shows—Dr. Phil, etc.
- The drug problems and gang violence.

The reason this is so far reaching is because hurt people, hurt others. It's an unbroken chain reaction. If our society's ills are going to be broken, than we must begin to break the chains in our own lives and stop this endless cycle of hurting and wounding one another. To do this, we must first identify the cause of the wound and how it has affected our lives.

III. Wounds - Their Causes & Results.

1. The Major Causes of Most Wounds.

- Emotional wounds inflicted by parents, e.g. story of boy & father.
- Physical, mental, verbal abuse.
- Sexual abuse (familiar figure coming to you in the night, touching you in ways that are not right).
- Abandonment.
- General meanness in others, e.g. kids can be very mean sometimes, e.g.
- Broken relationships.
- Major disappointments.
- Nasty Divorce.
- Major moral failure, e.g. adultery, abortion, etc.

2. Results of Most Wounds.

Maybe you are not sure how affected you have been by your wounds. You may think everything is ok. Here are some indicators as to how you may be affected.

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| • Wounded people hurt others
Exodus 20:5-6. | • No Confidence - low self esteem. |
| • Anger, bitterness, hate & violence. | • Lonely and withdrawn - very few friends. |
| • Repeating the things that happened to you. | • Unable to respond to others properly. |
| • Shame, guilt & unworthiness. | • Eating disorders. |
| • Self-condemnation. | • Afraid to show love. |
| • Suicidal tendencies. | |

Unfortunately, the person we have become has been shaped by these wounds and their results. The wounds have produced major strongholds in our lives that render us ineffective and unproductive. This is why many people are unhappy with the way their lives are turning out. They have failed to deal with these important issues and as a result they are impaired from having a life filled with God's riches and abundance.

As individuals it is important for us to break free from the bondage of the past if we are to be successful in the present and the future.

Your life doesn't have to remain as it is. Too often the bondage of the past impairs us to the present and the future. We are looking through the present and future through the glasses of the past.

The question today is, "Is there hope for you? Can your wounds be healed?" The answer is an unequivocal yes!

Jesus said...

John 10:10 *The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.*

All of the above causes and results are from the hand of the enemy. He has continually sown corruption into the lives of precious individuals everywhere. We have all been affected in one degree or another.

IV. Recognizing the Clutter as Strongholds.

All of the things mentioned are areas that only clutter our lives and hold us back from being successful individuals who have been set free to enjoy the abundance of life that Jesus promised. We must recognize these areas are strongholds that must be torn down.

Hebrews 12:1-2 *Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, ²looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross...*

We must get rid of everything that slows us down, especially the sin that just won't let go. These areas are all strongholds that have invaded our lives and being, which have affected the person who we are.

Webster's Dictionary defines a stronghold as a place dominated by a particular characteristic. You need to ask yourself if you are being dominated by any of the above characteristics. If so, then you need to understand that God has given you the power and the weapons to breakdown these strongholds.

2 Corinthians 10:4-6 *For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, ⁵casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, ⁶and being ready to punish all disobedience when your obedience is fulfilled.*

Someone else has defined strongholds as a mindset impregnated with hopelessness that causes us to accept as unchangeable something we know is contrary to the will of God.

III. Weapons Designed For Clearing The Clutter.

In this message today, I want to share with you the weapons of our warfare that will enable us to clear the clutter or the strongholds in our lives -- that will enable you to receive the healing and restoration that God desires for you.

1. Believe Jesus Really Desires to Heal and Mend our Wounds.

The Bible says that it is our faith that overcomes the world. Therefore for our healing process to begin in our lives we must believe that Jesus really desires to heal us and make us whole again.

Mark 2:17 *When Jesus heard it, He said to them, "Those who are well have no need of a physician, but those who are sick. I did not come to call the righteous, but sinners, to repentance."*

Hebrews 4:14-16 *Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. ¹⁵For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin.¹⁶Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.*

The story of Mary Magdalene is a beautiful story of the compassion and mercy of Jesus towards those who have been wounded by the cruelty of the world in which we live. Jesus was able to completely deliver her and help her to have a very successful and rewarding life.

Luke 8:1-2 *He went through every city & village, preaching & bringing the glad tidings of the kingdom of God. And the twelve were with Him, & certain women who had been healed of evil spirits and infirmities; Mary called Magdalene, out of whom had come seven demons.*

2. Openly Acknowledge and Confess the Wound.

The reason recovery groups are so popular is that they provide a safe place for people to share their problems with one another, while receiving support from each other.

Small Groups are designed for this very purpose. They are designed so that we can all learn to be honest with one another sharing our needs and wounds that we may receive healing from one another as the Lord touches us all through His body.

Some of us are ashamed of our wounds and really fear that others may find out that we are not as perfect and whole as we pretend to be. The problem with this, is that you just continue to make the wound worse by not dealing with it. You must come out of denial.

Psalms 62:5-8 *My soul, wait silently for God alone, For my expectation is from Him. He only is my rock and my salvation; He is my defense; I shall not be moved. In God is my salvation and my glory; the rock of my strength, And my refuge, is in God. Trust in Him at all times, you people; Pour out your heart before Him; God is a refuge for us. Selah*

John 8:32 *And you shall know the truth, and the truth shall make you free.*

3. Deal with the Root and not Just the Symptom.

Amos 2:9 *Yet it was I who destroyed the Amorite before them, whose height was like the height of the cedars, and he was as strong as the oaks; yet I destroyed his fruit above and his roots beneath.*

As we begin to deal with the wounds in our lives it is very important to deal with the root of the problem and not just the symptom. The list showing the results of most wounds is simply a list of symptoms. In order to change the symptom or result we must discern the root or cause.

Four Basic Roots of Most of our Wounds.

1. Disobedience or our own sin;
2. Other people's sins;
3. Evil Spirits; and
4. Circumstances.

There is a specific healing and recovery process for each one of these root

causes. Let's look at them.

- **Receiving Healing for Disobedience or Our Own Sin.**

Psalms 38:4-5 *For my iniquities have gone over my head; Like a heavy burden they are too heavy for me. My wounds are foul and festering Because of my foolishness.*

The healing for disobedience comes through repentance and accepting God's forgiveness through Jesus Christ. Repentance and forgiveness will clear the clutter of sin.

Acts 3:19 *Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord..*

2 Corinthians 7:10-11 *For godly sorrow produces repentance to salvation, not to be regretted; but the sorrow of the world produces death. ¹¹For observe this very thing, that you sorrowed in a godly manner: What diligence it produced in you, what clearing of yourselves, what indignation, what fear, what vehement desire, what zeal, what vindication! In all things you proved yourselves to be clear in this matter.*

- **Receiving Healing When others have Sinned or Hurt You.**

This is one of the harder areas to receive healing, because it is very difficult to do the very thing that brings the healing. And that is to totally forgive and love the person who did it to you.

Matthew 6:15 *But if you do not forgive men their trespasses, neither will your Father [forgive] your trespasses.*

Matthew 18:21 *Then Peter came to Him and said, "Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?"*

Colossians 3:12-14 *Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humbleness of mind, meekness, longsuffering; bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do. But above all these things put on love, which is the bond of perfection.*

Matthew 5:44 *But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and*

persecute you.

It's important to keep in mind that with some wounds, these root areas overlap. e.g., a wound caused from a divorce would probably require repentance for your part in it and then being able to forgive the partner who sinned against you.

Receiving Healing for Wounds Done by Evil Spirits.

It's important for us to acknowledge that we do have an enemy who seeks to devour and destroy the lives of people everywhere.

1 Peter 5:8 *Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.*

Jesus healed many people who were in this condition and has given us as saints of God the same authority and power to pray for one another to receive this kind of deliverance through prayer. We must put on the whole armor of God to destroy this stronghold completely.

Ephesians 6:10-14 *Finally, my brethren, be strong in the Lord and in the power of His might. ¹¹Put on the whole armor of God, that you may be able to stand against the wiles of the devil. ¹²For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. ¹³Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. ¹⁴Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness.*

- **Receiving Healing Over Unfortunate Circumstances.**

This is an area where we must learn to draw strength, healing and comfort from God's Word. We must allow Him to soothe our soul through His Word.

Psalms 119:50 *This is my comfort in my affliction, For Your word has given me life.*

The stronghold is broken in this area when we come to the place where we are once again having faith and trusting in God. We are taking comfort in Him, realizing that there is a good purpose in everything, not matter how negatively it may have affected our lives.

Romans 8:28 *And we know that all things work together for good to those who love God, to those who are the called according to His purpose.*

V. Concluding Remarks.

My prayer is that you will take the necessary steps to remove the clutter of your past so that you can be free to enjoy the rest of your life living the abundant life that Jesus Christ promised you.

Hebrews 12:1-2 *Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, ²looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross...*