

Healing Wounds

Teri Balzer
Soul Care Equipping Conference

“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

Typical Responses to Wounds

Bury the wound

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“There is no pit so deep that God’s love is not deeper still.”
-Corrie Ten Boom

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- Become self-centred and self-unaware

“Wounded parts will never be healed unless they are exposed - to divine love - giving Jesus full access. Handing over our plans in the self improvement process, handing over our understanding & conclusions of the wound. And staying long enough in his loving presence to allow our pain, hurt, shame, humiliation, and meet him with our vulnerability, staying long enough for his love to transform us and penetrate our woundedness.”

David Benner
Surrender to Love

Healing our Wounds

- Jesus knows your pathway to healing
- Only Jesus can heal your wounds
- We must forgive the “wounders”
- Jesus can rewrite our memories

Healing our Wounds

Meditate on Scripture

Boldly approach the Throne of Grace

Allow the body of Christ to ministry to you

Establish healthy boundaries

Isaiah 61

God always trades up!

Experience: Healing our Wounds

On your own:

Invite Holy Spirit to bring to mind any wounds that need healing

Let HIM surface memories. Don't dismiss what he brings to mind

Write these in your journal

In your triads

Minister to one another

Listen to Holy Spirit for his prompts and pathway
