

## 2. FROM WOUNDS TO FORGIVENESS

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*“For because of our faith, he has brought us into this place of highest privilege where we now stand, and we confidently and joyfully look forward to actually becoming all that God has had in mind for us to be.” Romans 5:2 (LB)*

### THINGS WE NEED TO LET GO OF:

#### 2. LET GO OF YOUR \_\_\_\_\_.

*“For I am poor and needy, and my heart is wounded within me.”*  
Psalm 109:22 (NIV),

Physical wound healing is defined as the “restoration of integrity to injured tissues by replacement of dead tissue with viable tissue...”  
The FreeDictionary.com

Emotional wounds normally take longer to heal than physical wounds.

People who hurt us in the past can no longer hurt us, unless we choose to let them to. And we let them do it by rehearsing it over and over and over in our minds.

Preoccupation turns to resentment.

*“Let go of anger and leave your rage behind. Do not be preoccupied. It only leads to evil.”* Psalm 37:8 (GW)

### How to do you let go of your wounds?

The only antidote to the pain of the past is \_\_\_\_\_.

**Looking Forward** 

### Why forgive others?

- \* Because that is what \_\_\_\_\_ says to do.
- \* Because God has forgiven \_\_\_\_\_.
- \* You do it for \_\_\_\_\_ benefit.

*“You are only hurting yourself with your anger.”* Job 18:4 (TEV)

*“Get rid of all bitterness. No more hateful feelings of any sort. Instead, forgive one another as God has forgiven you through Christ.”*  
Ephesians 4:31-32 (TEV)

To forgive we need Jesus Christ...

*“God heals the broken hearted and bandages their wounds.”*  
Psalm 147:3 (NCV)

**Notes:** \_\_\_\_\_  
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Bible Translations: New International Version (NIV); God’s Word Translation (GW); The Living Bible (LB); Today’s English Version (TEV); New Century Version (NCV).  
Sermon based on “What’s holding you back” by Rick Warren and “Unpacking & Unpeeling: The Process of Healing Emotional Wounds” by LadyTB.