

"How to *Heal* on the Inside"

Often we have to remain around people that have wounded us. Maybe we work with them, or go to church with them, or they are in our family. God wants us to be free of offense and healed from deep wounding. God is always the Answer, and Never the Problem.

1. Recognize anger as a _____.
Gen. 4:6-7 "Why are you angry?"
James 1:19-20 "slow"
2. _____ forgiving everyone and everything _____ keeps us free. **Matthew 6:12**
3. Forgive your offender out of _____ to God's Word.
Matthew 6:14-15
4. Forgive by _____. **Romans 1:17**
5. State _____ (to God) _____ you forgive and their offence.
6. **STEPS to Healing**
 - A. Once you have forgiven someone you still have the _____ issue.
 - B. Inner healing is a _____. (takes _____)
 - C. Healing only comes when we make a deliberate _____ to let go of the offense and forgive our offender. **Matt. 18:30**
7. Whenever the pain and anger resurfaces _____
(to God) that you forgive them.
 - A. Even up to _____ per day. **Prov. 18:20-21**
 - B. You know you are healing as the number _____.
 - C. Satan will stop _____ you because he does not want God to get involved.
8. Ask God to help you see them as _____ them.
1 Cor. 13:7 **Lost?** **Broken?** **Wounded?**
9. Ask God to give you a _____ for them.
1 Cor. 13:8
10. Ask God give you an opportunity to _____ them. **Romans 17-21**

11. **You know you are healing when:**

- A. You don't _____ as much. (they don't _____
your thoughts as much)
- B. You can be _____ them and not hurt.
- C. You actually can love them with _____.
- D. You see how God has _____ you through this.

Sample Prayer of Healing:

- Father right now I forgive _____.
- _____ them today.
- Help them _____.
- _____ to make me like Jesus.
- _____ for blessing me.