



**Sunday July 19, 2009  
Inner Wholeness (Part 3)  
Healing Deep Wounds & Hurts**

Series Overview

- Rebuilding Your Self-Image (Sun June 28)
- Uprooting Issues (Sun July 12)
- Healing Deep Wounds & Hurts (Sun July 19)
- Reorienting Inside Out (Sun July 26)

Review:

*(Dear Pastors – do a quick 5min recap of the last 2 messages)*

**Today : Healing Deep Wounds & Hurts**

**Proverbs 17:22**

**22 A merry heart does good, like medicine, But a broken *(wounded, smitten, stricken, afflicted)* spirit dries the bones.**

**Proverbs 18:14**

**14 The spirit of a man will sustain him in sickness, But who can bear a broken *(wounded, smitten, stricken, afflicted)* spirit?**

**14 A healthy spirit conquers adversity, but what can you do when the spirit is crushed? (Message Bible)**

When your inner-person is broken, wounded or hurt dries up your bones – it saps the very life out of you. It ruins you as a person, physically and in other ways.

When your inner-person is whole, you have the strength to rise above adversity. But when you are crushed, wounded on the inside – even a small challenge can totally dislocate you or even bring you to a complete halt.

**What produces wounds & hurts in our inner-person**

- dysfunctional family/environment where emotional needs were not met
- any major event that affects one emotionally e.g. death of a close individual, tragedy, trauma
- major disappointments
- unfinished business (issues, unresolved conflicts) with parents or others
- severe mistreatment (abuse)
- - etc -

Share examples of life experiences that produce deep wounds and hurts

*dysfunctional family/environment where emotional needs were not met*

e.g. young woman who has a live-in relationship with a boyfriend who has a drinking problem, uses drugs, has frequent unemployment, uncontrolled temper, verbal and physical abuse towards her. The young woman still wants to marry him. She was so wounded inside that she seriously considered marrying a man whose own life was destroyed and who wanted to destroy hers. She most likely grew up in an environment where her emotional needs were not met, she was so desperate to be loved and accepted, lacking in self-esteem, afraid of being abandoned, - she would cling to any relationship even if it brought her pain.



Marriage will not heal your brokenness. Whole healthy marriages cannot be built on foundations of brokenness. Your spouse cannot be your life-saver or life-preserver if you are not whole in your inner-person. Broken people who look for a marriage to heal their brokenness, just become more and more broken. They end up either becoming victims or victimizing their spouses. It is worse being a married broken person, than a single broken person.

That is why we need to be ruthlessly honest about our inner-brokenness. Do you have deep wounds, hurts that have not been healed?

any major event that affects one emotionally  
death of a close individual, tragedy, trauma

**Proverbs 15:13**

**A merry heart makes a cheerful countenance, But by sorrow of the heart the spirit is broken.**

major disappointments

**Proverbs 13:12**

**Hope deferred makes the heart sick, But when the desire comes, it is a tree of life.**

unfinished business (issues, unresolved conflicts) with parents or others

**Colossians 3:21**

**21 Fathers, do not provoke your children, lest they become discouraged.**

**21 Parents, don't come down too hard on your children or you'll crush their spirits. (Message Bible)**

Sometimes parents in their desire to train their children come down too hard and end up severely wounding them on their inner-person.

Long-term unforgiveness, anger or ill-feeling towards some one really stems out of something deeper – most likely a deep wound or hurt that has occurred in that relationship.

God sees it as very important that we come to a place of forgiveness and release all negative feelings towards others.

**Mark 11:24-26**

**24 Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.**

**25 "And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses.**

**26 But if you do not forgive, neither will your Father in heaven forgive your trespasses."**

Forgiveness is not a way of condoning the other persons deed. What the other person may have done may be absolutely wrong. However, you choose not to allow their wrong-doing to cause you to have an unhealed wound or hurt.

severe mistreatment (abuse)

### **Inner Wholeness and Ministry**

There is a grave danger in doing ministry when you are not whole on the inner-person.



None of us are perfect. God uses imperfect vessels. And yet, it is our responsibility to be “whole”, so that God can release His working through us to touch others.

**1 Timothy 4:16**

**Take heed to yourself and to the doctrine. Continue in them, for in doing this you will save both yourself and those who hear you.**

Those who minister - we must watch over ourselves and to what we are teaching.

*There is a grave danger in ministering without dealing with personal issues.*

Usually issues (wrong attitudes and behavior) if you are not careful become areas where demonic spirits begin to gain influence. If you are not careful, they lead to an ongoing association with demonic spirits – this becomes what the Bible calls “familiar spirits”.

Example:

A) David

**1 Chronicles 21:1**

**Now Satan stood up against Israel, and moved (*seduced, enticed*) David to number Israel.**

While the Scriptures do not state exactly how Satan moved David to do something wrong, it is likely, that pride could have opened the door.

B) A major reason why many ministers fall in to sexual sin

If they have unresolved issues in the area of their sexuality – it can become a door of entrance.

C) What I have personally observed – if a pastor is proud, arrogant, rebellious he tends to reproduce this same kind of wrong attitude in his sheep.

*There is a grave danger in ministering out of a wounded/hurt spirit*

You tend to produce erroneous ideas, and wrong influences on your audience

Example

A woman minister who has had a bad marriage and who does not have a good relationship with her husband – will tend to put men down in her sermons. Her sermons will have subtle derogatory remarks about men. This comes from her own unhealed wounds and hurts. However, women listening to her, if not careful will tend to embrace those same ideas and begin to have those same negative emotions toward men.

*Stay away from ministering in areas where you have personal issues*

When you know you have unresolved issues (wrong attitudes or behavior) or wounds and hurts that have not been healed – do yourself and every one else a favour: Stay away from ministering in areas where you have personal issues. Be honest with God and with yourself. Take a break from ministry and receive your healing.

Example:

A young man who loves Jesus, is filled with the Spirit and can manifest prophecy – but himself has unresolved issues in the area of his sexuality (sexual feeling and emotions) – ends up having a lot of sexual connotations in his preaching and prophesying, and often even in his general conversations with his peers.



## **Make your inner-wholeness a priority**

Hurting People hurt others

## **Our God Who Makes Us Whole**

**Psalm 147:3**

**He heals the brokenhearted And binds up their wounds.**

**Isaiah 61:1-3**

**1 "The Spirit of the Lord GOD is upon Me, Because the LORD has anointed Me To preach good tidings to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives, And the opening of the prison to those who are bound;**

**2 To proclaim the acceptable year of the LORD, And the day of vengeance of our God; To comfort all who mourn,**

**3 To console those who mourn in Zion, To give them beauty for ashes, The oil of joy for mourning, The garment of praise for the spirit of heaviness; That they may be called trees of righteousness, The planting of the LORD, that He may be glorified."**

**Psalm 23:3 He restores my soul; ...**

## **Receiving Wholeness for Deep Wounds & Hurts**

Here are some insights, some of these have been adapted from Ed Smith's book on "Healing Lives Hurts".

#1, Our present situation is rarely the true cause of our ongoing emotional pain.  
What we presently struggle with in our inner-person has its roots in a prior experience.

#2, If we try to resolve our present conflicts without resolving our historical woundedness, we will find only temporary relief for our emotional pain. However, if we find healing and renewal for our past, we can redeem our present.

#3, Since many of the negative emotions we currently feel are reflections of the past, they provide opportunities for the wounds of our lives to be exposed and thus for renewal to occur.

How do we present ourselves to God to receive healing for emotional hurts and wounds?

### ***(1) Recognize the present emotional pain***

what kind of hurt-feeling is brewing inside of you: unforgiveness, anger, resentment, hatred, self-pity, i-am-good-for-nothing,

### ***(2) Recall the original past experience(s) that caused this wound or hurt***

what actually happened, that caused this wound or hurt

### ***(3) Take captive the lie you are believing because of that experience***

In the natural if you have a deep wound, before the doctor/nurse can actually administer medicine – they usually clean out the wound first with water or some anti-septic fluid. They remove the dirt, etc. and then treat the wound.



Similarly before we can ask God to treat our emotional wound, we need to remove the dirt – the lies, wrong ideas, misconceptions that we believe. As long as we hold on to the lies, our wounds cannot be treated. We need to discard the lies and embrace the corresponding truth of God's word.

e.g. because your parents mistreated you, you probably believe that no one really cares about you. That is a lie you are believing because of the hurtful experience you went through. For your wound to be healed you need to discard that lie and embrace the truth that (A) God really loves you for you who are – He is your Father no matter how you have failed, messed up, etc. and (B) God does have His people who can love and care for you.

***(4) Welcome God to heal you by His Word, His Spirit and the power of the Cross.***

***(5) Continue to Renew your mind with the Word of God***

embrace the truth of God's word and make a decision to live according to His Word. Accept God's Word and God's standard as normal.

**Matthew 11:28-30**

**28 Come to Me, all you who labor and are heavy laden, and I will give you rest.**

**29 Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.**

**30 For My yoke is easy and My burden is light."**

*(Lead people in to a time of prayer)*

ALTAR CALL FOR SALVATION



## USEFUL RESOURCES



Watch our online Sunday Church service live stream every Sunday at 10:30am (Indian Time, GMT+5:30). Spirit filled, anointed worship, Word and ministry for healing, miracles, and deliverance.

**YOUTUBE:** <https://youtube.com/allpeopleschurchbangalore>

**WEBSITE:** <https://apcwo.org/live>

Our other websites and free resources:

**CHURCH:** <https://apcwo.org>

**FREE SERMONS:** <https://apcwo.org/resources/sermons>

**FREE BOOKS:** <https://apcwo.org/books/english>

**DAILY DEVOTIONALS:** <https://apcwo.org/resources/daily-devotional>

**JESUS CHRIST:** <https://examiningjesus.com>

**BIBLE COLLEGE:** <https://apcbiblecollege.org>

**E-LEARNING:** <https://apcbiblecollege.org/elearn>

**WEEKEND SCHOOLS:** <https://apcwo.org/ministries/weekend-schools>

**COUNSELING:** <https://chrysalislife.org>

**MUSIC:** <https://apcmusic.org>

**MINISTERS FELLOWSHIP:** <https://pamfi.org>

**CHURCH APP:** <https://apcwo.org/app>

**CHURCHES:** <https://apcwo.org/ministries/churches>

**WORLD MISSIONS:** <https://apcworldmissions.org>