



Life Groups 2018

NLC Life Group Sermon Study

Week of February 11, 2018

Sermon: EDIT II — How God Heals Unseen
Wounds

Life Group Schedule

15 MIN Eat, Meet & Greet

15 MIN Ice Breaker Game: **The Awards Ceremony.** **Instructions:** Give each person an opportunity to introduce themselves, stating their name, and if they were to be given an award, what would it be? For example, “most Oreos eaten in one sitting,” “most likely to burp the alphabet in a public place.” If time, let them share any story they may have that supports their award choice.

OPENING PRAYER

45–60 MIN “**EDIT II—How God Heals Unseen Wounds**”

Q1. Does anyone have a physical scar that has an interesting story?

- Our physical scars remind us of past wounds, but today we’re focusing on how God heals your hidden wounds—the ones unseen, beneath the surface.
 - › Hidden wounds are the memories that still hurt that, when you think about them, still cause pain—memories of abandonment, abuse, ridicule, severe criticism, or hatred; prejudism or unjust criticism that tore you down; or physical, spiritual, sexual, or emotional abuse.
- Hidden wounds come from everywhere:
 - › From Society—people who do mean or hurtful things.
 - › From the Playground—from mean children.
 - › From Work—a boss who has it out for you, co-workers you can’t trust, or someone gets promoted out of left field.
 - › From Family—“My parents never once told me they loved me.” These are deep wounds that usually hurt the most.
- Some of you need God to heal some things, while others need to take the meat of this message and help a hurting friend.

IN EXODUS 15:26, God gives Himself a name: “Jehovah Rapha,” which means “I am the God who heals.”

PSALM 147:3 PROMISES: “God heals the brokenhearted and binds up their wounds.”

- Many have had the flu this year. The process for healing and recovery includes drinking a lot of water and lots of REST.
- There is also a process of recovery for wounds on the inside:

1. STEP ONE: REVEAL THE HURT.

- You will never get well until you face your hurt.

PSALM 39:2-3 (NCV) “I kept very quiet but I became even more upset. I became very angry inside, and as I thought about it, my anger burned.”

- Holding onto hurts is like carrying hot coals in your heart—you’re the one who gets burned. When you stuff wounds, they don’t heal—they fester.

› A great principle for your heart is this: *Reveal & Release*.

PSALM 32:3 (NCV) “When I kept things to myself, I felt weak deep inside me and I moaned all day long.”

- Unhealthy ways to deal with pain:

› FORGET IT. Macho approach. “Out of sight, out of mind.”

› RUN FROM IT. Get drunk. Numb the pain through drugs or relationships. Live at Mach 4 speed, so you don’t slow down and deal with it.

- For your unseen wounds to heal, they need a big reveal—with three different people:

› First, be honest with yourself. Own up to the fact that “This hurts!” or “I’m ashamed of this,” or “I still hurt over this.”

› Second, be honest with God. Tell Him how you feel; He can handle it! He already knows it. He knows where you are, and He hurts and grieves *with* you. God is *for* you, not against you.

› Third, be honest with at least one other person you trust—someone with skin and bones—a life group leader or a friend.

GALATIANS 6:2 “Share each other’s burdens, and in this way obey the law of Christ.”

- In one translation, “bear” described the verse this way: “I’m going to put YOUR pain on MY back.”

› Even though the pain is yours, it must be carried by more than just you. That’s what God has called this church to be!

2. STEP TWO: RELEASE THE OFFENDER TO GOD.

- You can’t get well as long as you harbor resentment. One of the most difficult decisions you’ve got to decide in life is “Do I want to get well or do I want to get even?” You can’t do both.

- Excuse: “They don’t deserve to be forgiven!” Nobody’s saying they did. At the same time, neither did you deserve to be forgiven by God, but He’s forgiven you.

› You forgive so you don’t stay stuck in the past.

- › When you harbor unforgiveness, you are allowing that person to control your present.

ROMANS 12:17-19 “Never pay back evil for evil. Never avenge yourself. Leave that to God. For He has said that He will repay those that deserve it.”

- Let Jesus settle the score, and follow His example.

1 PETER 2:23, “When Jesus suffered, He did not threaten to get even. He left His case in the hands of God.”

- Jesus had six different physical wounds on the cross: On his head, his face, his back, his hands, his feet, and his side, but the deepest wounds in Jesus’ life were the hidden wounds: betrayal, abuse, rejection, and injustice. *But He left them all in the hands of the Father.*

3. STEP THREE: DETERMINE TO WRITE NEW SCENES.

- The Proverbs 31 woman looks at the future and smiles because she knows the best is ahead. The most amazing memories haven’t been written yet.

- Everyone has scenes from the past we wish we could EDIT or rewrite. It is possible, in this way:

- **YOU MUST RENEW YOUR MIND IN GOD’S WORD**

- › Your brain is like a tape recorder, recording every life experience you’ve seen, heard, touched, tasted, and smelled. The problem is, your brain doesn’t distinguish between things that are true and things that are false very well.

- › Ex: When you were young, some things that were said to you were flat-out lies, but you believed them. And if you believe something, you act on it.

- **Self-Esteem and Confidence are largely built on what the most important person in your life felt about you or spoke over you.**

- › This is why Jesus needs to be the most important person in your life, and when you read His Word, it transforms you from hurting to WHOLE.

ROMANS 12:2 “Let God transform you into a new person by changing the way you think.”

- **REACH BACK FOR SOMEONE ELSE WHO IS HURTING**

- To write new scenes, it is important to redeem your pain. Use your experiences to help other people. When you do, you prove that your pain now has a vision and a purpose.

2 CORINTHIANS 1 “God comforts us every time we have trouble so when others have trouble we can comfort them with the same comfort that God has given to us.”

Q2. Some of the group members may be dealing with something they were unwilling to express in the group but may be more free to walk through with just 1-2 others. Divide into groups of 2-3, and encourage them to walk through—and pray through—the following:

- › Is there something you're hanging onto that you need to get out? Something you may need to confess and repent of?
- › Is there someone who, when you think of them, you feel hurt or mad at? What's holding you back from choosing forgiveness towards them right now? You don't have to call them today (or maybe even ever), but are you willing to release them to God?
- › Is there maybe someone you need to apologize to for something you've done or said?
- › What pain is the Holy Spirit revealing to you that He wants to heal?
- › Who does God want you to reach out to this week? Whose burden can you shoulder?

ANNOUNCEMENTS