



Hurt to Healing



JOHN 14:27

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

A person is silhouetted against a bright, glowing light at the end of a path. The path is flanked by dark, textured walls, suggesting a narrow passage or a choice between two paths. The overall atmosphere is one of hope and guidance.

DEUTERONOMY 30:19B-20B

...Now choose life, so that you and your children may live and that you may love the Lord your God, listen to his voice, and hold fast to him.



Choosing life daily means getting to know Jesus, and being willing and open to being transformed by His Holy spirit who is at work in our lives



There is a purpose to your pain

A person is standing on a path that leads towards a bright sunset or sunrise. The sky is filled with warm, golden light, and the person's silhouette is visible against the bright background. The overall mood is hopeful and contemplative.

JEREMIAH 29:11

For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."



PSALM 147:3

He heals the broken hearted,
and binds up (our) their wounds.



PSALM 34:18

The Lord is close to the broken hearted and saves those who are crushed in spirit.



PROVERBS 3:5-6

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.



EPHESIANS 1:17-20

I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him, so that, with the eyes of your heart enlightened, you may know what is the hope to



EPHESIANS 1:17-20

which he has called you, what are the riches of his glorious inheritance among the saints, and what is the immeasurable greatness of his power for us who believe, according to the working of his great power.



EPHESIANS 1:17-20

God put this power to work in Christ when he raised him from the dead and seated him at his right hand in the heavenly places.



JAMES 1:2-4

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.



Bridging the gap between hurt
and Healing



Admit you are hurt



Trust God and His promises

A person is silhouetted against a bright sunset or sunrise, standing on a path that leads into the distance. The sky is a mix of orange, yellow, and purple, and the ground is dark. The overall mood is contemplative and serene.

MARK 14:34-36

“My soul is overwhelmed with sorrow to the point of death,” he said to them (That is, his disciples). “Stay here and keep watch.” Going a little farther, he fell to the ground and prayed that if possible the hour might

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MARK 14:34-36

pass from him. “Abba, Father,” he said, “everything is possible for you. Take this cup from me. Yet not what I will, but what you will.”



Take Care of your Heart



Ask for Forgiveness, or Forgive,
those who hurt us



LUKE 23:34

Father, forgive them, for they do not know what they are doing

A person is standing on a path in a hazy, golden landscape. The scene is backlit, creating a silhouette effect. The colors are warm, with shades of orange, yellow, and brown. The overall mood is contemplative and serene.

JAMES 5:16

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.



Take Care of your thoughts



EPHESIANS 4:21-23

Since you have heard about Jesus and have learned the truth that comes from him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes.



PHILIPPIANS 4:8-9

Finally, brothers, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think



PHILIPPIANS 4:8-9

about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.



**Invite the Holy Spirit to bring
about change**



**Read, Meditate and learn from
God's word**



Forgive and Receive Forgiveness



**Seek the help of a mentor or
counsellor**



**Pray without ceasing expecting
God's healing**



Take Care of your Soul



PSALMS 42:11

Why, my soul, are you downcast?
Why so disturbed within me?
Put your hope in God, for I will
yet praise him, my Savior and my
God.

A person is standing on a path in a hazy, golden landscape. The scene is bathed in warm, low-angle light, creating a soft, ethereal atmosphere. The person is silhouetted against the bright light, and the overall color palette is dominated by warm tones of gold, brown, and purple.

PSALMS 57:7

Sprinkle me with water and I will
be pure; wash me and I will be
whiter than snow.



**Remember, we are more than
conquerors through Jesus Christ**



ROMANS 8:35-37

Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: “For your sake we face death all day long; we are considered as sheep to be slaughtered.”



ROMANS 8:35-37

No, in all these things we are more than conquerors through him who loved us.



Lord Jesus, my faith may be far from perfect and I may not have enough faith to go through what I am facing. Lord Jesus, would you help me to have enough faith to recognize my hurts, faith to trust in your promises, faith to



forgive myself when needed and
faith to forgive those who may
have hurt me, and faith to trust
you for my healing. Thank you
for walking with me in this
journey towards healing from
my hurts. In Jesus name,
Amen.