

# **God Meets Our Need for Healing**

Exodus 15:26 "...for I am the LORD, who heals you." NIV

Psalms 147:3 "He is the healer of the brokenhearted. He is the one who bandages their wounds." GWT

Psalms 147:3 "He heals the brokenhearted and binds up their wounds [curing their pains and their sorrows]." Amplified Bible

## **Step #1: Admit \_\_\_\_\_**

Psalms 39:2-3 "So I kept very quiet, but I became even more upset. I became very angry inside, and as I thought about it, my anger burned." NCV

Psalms 32:3-5 "When I refused to confess my sin, my body wasted away, and I groaned all day long. 4 Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. 5 Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, 'I will confess my rebellion to the Lord.' And you forgave me! All my guilt is gone." NLT

Psalms 32: 3-5 "When I kept it all inside, my bones turned to powder, my words became daylong groans. 4The pressure never let up; all the juices of my life dried up. 5Then I let it all out; I said, 'I'll make a clean breast of my failures to GOD.' Suddenly the pressure was gone— my guilt dissolved; my sin disappeared." The Message

## **Step #2: \_\_\_\_\_ Others**

Romans 12:17-21 "Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. 18 Do all that you can to live in peace with everyone. 19 Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, 'I will take revenge; I will pay them back,' says the Lord. 20 Instead, 'If your enemies are hungry, feed them. If they are thirsty, give them something to drink. In doing this, you will heap burning coals of shame on their heads.' 21 Don't let evil conquer you but conquer evil by doing good." NLT

Hebrews 12:15 "...a bitter spirit is not only bad in itself but it can also poison the lives of many others." Phillips Translation

## **Step #3: Replace \_\_\_\_\_**

Romans 12:2 "Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect." NLT

Ephesians 1:4 "Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes." NLT

Ephesians 1:4 "Long before he laid down earth's foundations, he had us in mind, had settled on us as the focus of his love, to be made whole and holy by his love." THE MESSAGE

## **Step # 4: \_\_\_\_\_ Others**

2 Corinthians 1:4 "He comforts us every time we have trouble, so when others have trouble, we can comfort them with the same comfort God gives us." NCV