

How God Heals Your Hidden Wounds

Jehovah-Rapha = "The LORD Who Heals"

📖 Exodus 15:26b (NASB) "...I, the Lord, am your healer."

📖 Psalm 147:3 (NIV84) "He heals the brokenhearted and binds up their wounds."

Step 1: I need to [reveal my hurt](#).

📖 Psalm 39:1–3a (NLT) "I said to myself, 'I will watch what I do and not sin in what I say. I will hold my tongue when the ungodly are around me.'² But as I stood there in silence— not even speaking of good things— the turmoil within me grew worse.³ The more I thought about it, the hotter I got..."

📖 Psalm 32:3 (Msg) "When I kept it all inside, my bones turned to powder, my words became daylong groans."

📖 Psalm 56:8 (Msg) "You've kept track of my every toss and turn through the sleepless nights, Each tear entered in your ledger, each ache written in your book."

Step 2: I need to [release those who hurt me](#).

📖 Romans 12:19 (Msg) "Don't insist on getting even; that's not for you to do. 'I'll do the judging,' says God. 'I'll take care of it.'"

📖 1 Peter 2:23 (NIV84) "When they hurled their insults at Him, He did not retaliate; when He suffered, He made no threats. Instead, He entrusted Himself to Him who judges justly."

📖 Matthew 6:14–15 (NLT) "If you forgive those who sin against you, your heavenly Father will forgive you.¹⁵ But if you refuse to forgive others, your Father will not forgive your sins."

Step 3: I need to [replace bad words with God's Word](#).

📖 Ecclesiastes 7:21–22 (NIV84) "Do not pay attention to every word people say, or you may hear your servant cursing you—²² for you know in your heart that many times you yourself have cursed others."

📖 Romans 12:2 (NLT) "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."

📖 Ephesians 1:4 (NLT) "Even before He made the world, God loved us and chose us in Christ to be holy and without fault in His eyes."

Step 4: I need to [redirect my attention](#).

📖 Proverbs 4:25 (ESV) "Let your eyes look directly forward, and your gaze be straight before you."

📖 Ephesians 1:4 (NLT) "Even before He made the world, God loved us and chose us in Christ to be holy and without fault in His eyes."

📖 Philippians 3:13b–14 (NIV84) "...one thing I do: Forgetting what is behind and straining toward what is ahead,¹⁴ I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."

Step 5: I need to [reach out and help others](#).

📖 2 Corinthians 1:3–4 (NIV84) "Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort,⁴ who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God."

📖 Galatians 6:10 (NCV) "When we have the opportunity to help anyone, we should do it. But we should give special attention to those who are in the family of believers."

Digging Deeper How long have you been carrying your hurt? Have you ever shared your hurt with someone else? Do those that hurt you know that they hurt you? Can you give an example of how bitterness has affected your family? Have you been able to forgive those who have hurt you? Are the hurtful things in your past affecting your current outlook on life? Where is your focus? In what good ways has God used the bad things that have happened to you?