

**9/13/20**

**It would be impossible...to heal my hurts**  
**Cal Rychener**

**Luke 1:37 (NIV 1984):** "For nothing is impossible with God."

"The story of your life is the story of the long and brutal assault on your heart by the one who knows what you could be and fears it." – **John Eldridge**

We all have a wound of some kind.

Emotional wounds hurt worse than physical wounds and are often more difficult to heal.

There's a healer in the house!

**Isaiah 61:1 (NIV 1984):** The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom to the captives and release from darkness for the prisoners.

**Psalms 147:3 (NIV 1984):** He heals the brokenhearted and binds up their wounds.

**Genesis 45:2-4:** And he [Joseph] wept so loudly that his sobs could be heard throughout the palace. "I am Joseph," he told his brothers. But they were unable to speak because they were terrified. "Come close to me; I am your brother Joseph whom you sold into Egypt."

**Steps in the Healing Process:**

**Step #1: Admit Your Pain!**

Admit it to yourself.

Admit it to God!

Admit it to some safe friends.

**Step #2: Identify Your Lies!**

**Step #3: Renounce Your Agreements!**

**Step #4: Affirm God's truth!**

**Genesis 39:2,3,21,23:** "The Lord was with Joseph."

**Step 5: Release Your Prisoners!**

**Genesis 45:15 (NLT):** Then Joseph kissed each of his brothers and wept over them, and after that they began talking freely with him.

**Romans 12:19 (NIV 1984):** Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.

**Step 6: Trust God to bring blessing out of your brokenness.**

**Genesis 50:20 (NKJV),** "...you meant evil against me, but God meant it for good..."

**Romans 8:28 (NIV 1984):** And we know that in all things God works for the good of those who love him, who have been called according to his purpose.