

## April 2 “Naked Scars”

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

### INTRODUCTION:

We all experience emotional wounds in life. If we don't intentionally walk through the process of healing together as married couples, these emotional wounds can/will prevent us from fulfilling the calling that God has for our lives and our marriages!

### Some ways that emotional wounds can happen:

- Verbal abuse - terrible words that were spoken over you by people that were supposed to love you and protect you.
- Physical abuse - the hands that should have protected you actually hurt you.
- Emotional wounds can come from what someone did to you (verbal or physical abuse) but can also come from things that parents or others didn't do for you! (i.e. Unconditional acceptance, affirmation, sense of security etc.)
- Poor choices we made in our past - choices in general, but especially choices related to sexuality.
- Something our spouse is presently doing that hurts us.
- Unforgiveness/bitterness

A critical and foundational truth in our lives as Christians is that we are sons and daughters of Father God.

When we place our identity in Christ we can live our lives in confident freedom. Satan knows that one of the most effective ways to derail us from our calling as Christians is to attack our identity.

Often when we experience emotional wounds (like the ones listed above), Satan uses that opportunity to plant a lie about our identity.

If/when we begin to believe the lie about our identity that the enemy plants (in our hearts and minds) in those moments of being emotionally wounded, we begin to lose our ability to walk in the calling God has for our lives and our marriages!

### Steps to find healing:

1. Identify the emotional wound
2. Identify/expose the lie
3. Replace the lie with truth (speak that truth over yourself)
4. Forgive
5. Pray for continued healing

## **WEEK 3 - GROWTH GUIDE:**

Integrate a 15-minute (or more), “device free” talk time into your day — morning coffee, evening walk, dinner conversation, late night pillow talk.

Begin each conversation with the events, challenges and joys of your day. Then spend some time discussing the following steps.

End your “talk time” each day by praying out loud with each other.

This week we will work through the five “steps to find healing” mentioned above.

Feel free to work through this process at your own pace this week.

This is meant to be a tool for your life - feel free to adapt it into something that works for you!

### **Section 1: Walk through these 5 steps to find healing from emotional wounds**

1. Identify the emotional wound.
  - a. Take some time in listening prayer to ask God to reveal any emotional wounds from your past or present.  
(Anything that has negatively affected the way you see yourself)
  - b. Ask God to reveal the source of that wound  
Who was involved - when and where did that wound begin to happen?  
(Write these things down as God reveals them to you)
2. Identify/expose the lie attached to the wound.

The following steps may feel tough, but open honesty is so important in finding healing from wounds - talking it through will expose any lies that you may believe about yourself.

  - a. As a couple, discuss what God revealed to you in your time of listening prayer - Explain your emotional wound and how it happened.
  - b. Help each other identify the lie that came with that wound.
3. Replace the lie with God’s truth (speak that truth over yourself).
  - a. Talk about the truth that should replace that lie.
  - b. Speak that truth over each other - encourage your spouse to see themselves the way that you and God see them.
4. Forgive.

We know that forgiveness is a choice - not a feeling.

  - a. If you have not already done so, choose to forgive the person that caused the emotional wound. (This may be a difficult step - ask Holy Spirit for His strength to forgive!)
5. Pray together (out loud)
  - a. Pray that God will continue to reveal His truth over your spouse
  - b. Pray that God will bring complete emotional healing over yourself and your spouse.
  - c. Pray that God will continue to give strength to choose forgiveness

## **Section 2: Focus on continued healing and your true identity in Christ.**

Emotional healing is life changing! As you go through this process you will begin to see huge growth in both your individual relationship with God as well as your marriage!

After walking through the 5 steps for finding emotional healing, it's important to continue filling your heart and mind with God's truth about who you are - your identity! How we view ourselves will change how we "do life"!

1. Individually spend time in listening prayer:
  - a. Ask "what do you think about me, God?" (Journal about this)
  - b. Share what you felt God say to you about your identity.

The healing process may not be instant - it may be a journey of intentional decisions and steps to experience healing and complete freedom from deep emotional wounds.

2. As a couple, take time to discuss how you can be intentional about continued healing from past wounds. What are some practical steps you can take to help each other in this healing process?

*"Determine ahead of time that this will be a positive part of your testimony that will bring hope to others."*

*-Dave & Ashley Willis*