

SOUL'S NEED: HEALING

Isaiah 53:4-6



SYNOPSIS

'As we continue our Soul Care Series, we explore our soul's need for healing. The reality is that we carry the traumas and wounds with us from our childhood into adolescence into adulthood. And when we leave our wounds or traumas untreated, it becomes a splinter in our soul, where it constantly flares up with us. Whether it's disappointments, traumas, or hurtful moments, these things can take root inside of us and create havoc (not just for ourselves but for those around us). Sometimes we are told to hide these wounds and push it down, and without addressing it, it continues to wreak havoc.

The process that was shared as to what happens is a Locking Event that leads to Frozen Emotions (typically shame, fear, and anxiety) to a Defensive Posture - a Natural Response, and then it results in a character flaw that becomes a part of us. Yet God desires to redeem our pain. God's desire for us is healing, which is closely tied to shalom (peace, wholeness) so that we can become an integrated person.

As we consider the healing that is available for us, we ultimately realize that God is the only one that can heal the soul, and as Jesus asks those who were sick - "Do you want to get well," we also ask ourselves that same question as we journey towards wholeness.



OUTLINE

1 DYNAMICS OF WOUNDING

Often times, we are wounded throughout our lives - and we carry those wounds that become a splinter in our soul. Without allowing God to heal us, we see it take root and create havoc that destroys us and those around us. Sometimes our cultural background may tell us to keep it hidden and it continues to remain embedded.

Consider the flow of our wounds: Locking Moment - Frozen Emotions - Defensive Posture - Natural Response - Character Flaw

2 GOD'S REDEMPTION OF OUR PAINS

The word "pain" used in the psalms refers to both physical and emotional pain, and God's desire for us is healing (shalom, wholeness, peace) so that we can be an integrated person. Read Psalm 147:3 and consider the fact that this is not just a general statement, but something that we can actually believe for us - that He can heal us.

3 PRINCIPLES FOR HEALING

1. God isn't trying to fix us. He wants a relationship with us.
2. God is smart and knows stuff we don't know, and He likes to tell us (sometimes through others). For people who are hurt, introspection can suspiciously be pride. We can deceive ourselves and need other perspectives.
3. Start with stories - perhaps with stories from when we are kids to explore the ways we have been wounded.
4. Only God can heal the soul. Counselors and pastors can only give insight and clarity. Ultimately, it is God who can heal.



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DISCUSSION QUESTIONS

1

What is your natural reaction to being hurt? Do you laugh it off? Do you internalize things? Do you blame others?

2

What things do you overreact to? Have you reflected on why you overreact to those situations?

3

Do we have pride in our hearts that prevent us from sharing our past pains and staying "introspective"?

4

How can we take responsibility for our own pain instead of blaming others' sins?

5

What is one childhood story of when you were wounded? How have you felt like you carried that wound/trauma?

6

Do you want healing? Are you resistant to it? Why do you feel resistant to being healed of your past pains?



BIG IDEA

All of us need healing because we walk through life with many wounds and traumatic events. Sometimes, it becomes so deeply embedded in our lives that we have normalized it, but as we explore healing for our soul - let's believe that God is able and is willing to heal us. Healing can be instantaneous, but often times is a journey that we walk through. Ultimately, we come to God because He is the one that can ultimately heal us and make us whole.