

The Wounded Heart

God is deeply concerned with the condition of our heart

Prov 4:23 Above all else guard your heart with all diligence for from it flows the issues of life

1 Pet 3:4 speaks of the inner life and inner beauty. This is a reference to the heart

The condition of our heart can be gauged by

1. The words we speak (Lk 6:45 Out of the abundance of the heart the mouth speaks)
2. The look on our faces (Prov 15:13 A merry heart makes a cheerful face)
3. Our relationship with God (Mat 5:8 Blessed are the pure in heart for they shall see God)

Our hearts become wounded when we feel that:

1. People we have trusted let us down
2. God has let us down
3. We let ourselves down

7 Steps Towards Healing

1. **Do you want to be healed?** This is the key question because not all people want to be healed. They have an excuse for poor choices and behaviour when they remain wounded

2. **Understand that Jesus has also experienced it** A time reflecting upon the life of Jesus will help us understand that he has gone through so much more than we ever will. Heb 4:15,16

3. **Acknowledge that you are wounded.** Some people try to cover up or live in denial. Like the alcoholic who will never become cured whilst he denies he has a problem, we need to acknowledge that we all carry wounds of the heart

4. **Accept responsibility for your responses.** We generally have little control over what people do to us, but we do have control over the way we respond to what they do. If we are angry and remain angry then that is because we have chosen to do so.

5. **Forgive those who have wronged you.** This is obviously difficult but it is the only way to receive healing. See Lk 18:21 – 28, also the words of the Lord's prayer.. 'forgive us our sins as we forgive those who sin against us'

6. **Forgive yourself.** This is also not easy but very important otherwise we will live in condemnation and defeat

7. **Ask the Holy Spirit to fill you with God's love** see Rom 5:5, 8:6, 8:26