

Date:

Healing Step #1
Identifying our feelings and asking God for his healing

Trust in him at all times, O people; pour out your hearts to him, for God is our refuge (Psalm 62:8).

Healing is a process. It involves different steps and takes time. Sometimes we believe we can't go to God or involve him until we are ready to completely resolve the issue in obedience. This is a false belief and cuts us off from receiving his help while we are still in process. The purpose of Healing Step #1 is not to resolve the issues, or to forgive. The purpose is to *begin* the healing process by inviting God into the wound.

- A. List one way that you have been offended, including the name of your offender. Keep in mind that your offender may also be yourself or even God (in your perception).

offended or hurt me when he/she:

- A. Now list as many feelings associated with that offense as you are able to identify. These are your wounds. If you need help with this, refer to the Feelings Chart on page 93.

When I think about

(the offense & offender) I feel:

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- B. If you are ready, pray the following prayer aloud.

Lord, when I think about

(my offender and what they did), I feel:

I choose to give you these hard and hurtful feelings. I acknowledge that healing for my wounds comes from you. I invite you into this area of my life. Please prepare me to completely relinquish control of this to you. Amen