



Wounded

Part 1 - First Aid

For I am poor and needy, and my heart is wounded within me...Help me, O LORD my God; save me in accordance with your love... For he (the LORD) stands at the right hand of the needy one, to save his life from those who condemn him. Psalms 109:22,26 & 31

First Aid Steps:

1-I Must _____ My Wounds

Job 7:11, "Therefore I will not keep silent; I will speak out in the anguish of my spirit,"

What's Your Wound?

2 -I Must _____ My Thinking

Romans 12:2, "Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think."

Eph 4:22-23, "...throw off your old evil nature and your former way of life, which is rotten through and through, full of lust and deception. 23 Instead, there must be a spiritual renewal of your thoughts and attitudes."

3 - I Must _____ God To Restore What Is Lost

Ps 71:20-21, "You have allowed me to suffer much hardship, but you will restore me to life again and lift me up from the depths of the earth. You will restore me to even greater honor and comfort me once again."

Jeremiah 30:17, "The Lord declares this, 'but I will restore you to health and heal your wounds,' declares the Lord."

Next Week:
Part 2—Dropping The "F" Bomb!



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