**Wounded**

**Part 1 – First Aid**

**Psalms 109:22,26 & 31**

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**Introduction:**

**(Video Intro)**

**I want to welcome everyone to National Back To Church Sunday here at Park Lake Church. I also want to welcome all of you who are watching this message on the Park Lake Church website. Today is going to be a great day because we’ve been praying for you. If you’re a Guest today, we’ve been praying for you. You’re here today most likely because someone invited you to come be a part of our special day. And though you may think that’s the only reason you’re here, I know better than that. You may think you’re here today just because someone invited you. Maybe you’re watching this message online and you think it’s just because you stumbled upon it. But regardless of all the different reasons you’re here or watching this message, I know the main reason you’re listening to this message today is because God had it planned for you. Just like me, you need what we’re going to talk about today.**

**We’re beginning a brand new series today called, “Wounded”. So let’s start together by reading the words of David from Ps. 109. I think all of us can relate to what David is saying here:**

***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**

**If you are hurting today, if you are in need of healing from some of life’s wounds, then God is with you. He stands at the right hand of the needy one.**

**I’ve entitled today’s message, “First Aid”.**

**We’ve all seen little kits like this haven’t we? It’s got some very helpful stuff in it. First Aid Kits are designed to be a quick help. It’s not all the help we need with a major wound, but at least it can help to stop the bleeding, relieve some immediate pain, or tend to a wound until you can get to a hospital. Even a small kit like this one can provide some immediate relief for a serious wound.**

**And that’s what today’s message is. I wouldn’t dare think that just one 30 minute message today could heal you of all the wounds you’ve experienced in life. That’s why we’re spending six weeks in this series. While the messages on Sunday mornings will be like first aid, or initial treatments, we’ve provided you with some extended help through our Life Groups. Each week you’re encouraged to go to a Life Group who will be more like the Emergency Room. You have the opportunity to continue the discussion of each week’s topic and find some real healing.**

**And that’s what we all need. We’re all carrying around some wounds that have been hurting for years. Some of are still wounded by your childhood. Some of you have been wounded by betrayal years ago, and the wound has festered into bitterness. Other’s of you have been wounded by divorce, or a bad marriage. Some of you have been hurt by people who call themselves Christians. Maybe you’ve been hurt by people in a church. And you’re kind of leery about even being here this morning because of the memories of wounds you received at the hand of church people in the past. Others of you still feel the sting of death. You’ve lost a loved one or close friend and, though you might not admit it, you feel like God has hurt you.**

**So this morning, we’re going to get some First Aid. What do you do when you’re wounded by life? How do you even start down the road to healing some of life’s most serious internal injuries?**

**We start with First Aid Steps:**

# I Must Acknowledge My Wounds

**That’s the first thing we have to do if we’re going to be healed. We’ve got to start by acknowledging the fact we’ve been hurt.**

**Now, if you’re like me, this makes you uncomfortable. I don’t like to talk about how I’ve been hurt. I was raised to be a big boy. As a matter of fact, I wish I had a nickel for every time I heard my dad say, “Get up, you’re not hurt!” My dad’s here today and I tell you what, he made me tough. He was my football coach in little league and he used to get a kick out of teaching me how to decapitate the quarterback!**

**Now, it’s good to be tough. But it’s not good to not admit when you’re really injured. I was fortunate enough growing up to never break a bone, or even get stitches. I played football in pads from the time I was 5 until my Senior year in High School and I only missed one game my Senior year because of an injury. My dad taught me early on that there was a difference between being hurt and being injured. Football hurts and many times you have to play hurt.**

**But the problem is, many of us take that philosophy with us when it comes to life. Life hurts. It’s dangerous. And sometimes there’s little things that don’t really seem like an injury, so we play hurt. The problem is, those little things add up over time and before you know it, you’re limping through life with some deep seeded wounds that you’ve never dealt with.**

**Instead of being like that, though, let’s model the words of Job in Job 7:11 when he said this. He said this. He said, “Therefore I will not,” would you say it out loud? He said, “Therefore I will not keep silent.” Instead, he said, “I will,” what? He said, “I will speak out in the anguish of my spirit.” I will speak out. I will acknowledge it. I will talk about it. And that is what I would challenge you to do even this week in your LifeGroups, to talk openly and to bring to light that which has been, maybe, hidden, and let God do what only He can do.**

**What’s your wound? Give it a name. For so many people I know today, they have what I call spiritual wounds. Maybe they were under some very bad teaching and kind of entered into a legalistic mindset or became incredibly spiritually judgmental. Maybe for you, you’ve got a predisposition against church. You heard something bad about church or had a bad experience, so you don’t like church before you even come.**

**Maybe it’s with God. Maybe life didn’t turn out the way you thought it would and so you are angry with God. Or maybe it is with God’s people. I know so many that hate Christians. Just the name Christian turns them off. “All Christians are hypocrites.” That’s a wound you are living with. All Christians are not ungodly people.**

**Maybe for you it’s a relational wound. Someone somewhere along the way that you trusted betrayed your trust, so you have walled up all around your heart and you don’t let people in, and you don’t talk openly, and you don’t become vulnerable. Man, unfortunately, the statistics about abuse that is going on in our world is absolutely and completely horrifying. I read that at least one in four girls will actually be sexually molested. One in four young girls … and the sad thing is, so often, it is done by an authority figure or a family member in their life. Talk about wounds, some of you know first hand that kind of horror and what that does in your life.**

**Then, along with that comes the wrong thought processes that will go through our mind where we start to think, “Maybe it was my fault. Maybe I shouldn’t have done this.” And then, so many people have a non-biblical self image. You know, “I’ll never amount to anything,” and “I’m messed up.” Some people feel they are hooked on something you could never ever break free of this addiction and the wound just seems to get worse, unless we give it to God. And that is what we are going to do. Prayerfully and intentionally, we are going to learn how to let God heal us.**

**And that brings us to the next First Aid Step:**

# I Must Adjust My Thinking

**Romans 12:2, scripture says this, “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.”**

**I’ve always thought this verse was interesting because it challenges us to change the way we think. Not just the thoughts we think. That’s pretty easy. It’s easy to change the thoughts we think. For instance. Think about a purple gorilla in a bikini. Now, think about a pink giraffe in a tuxedo. See! I just changed what you thought about. But what I cannot do for you is change the way you think. And apparently you can’t change the way you think either. But who can? According to Romans 12:2? God. God can change the way you think. He can lead your mind to think from a different perspective. That’s what we’re talking about here.**

**We’re not talking about changing what you think, but the way you think. Your perspective. The way you think affects the thoughts you think. If you’re thinking like the world thinks, then your thoughts will be like the world’s thoughts. If you think from the perspective of your wounds, you will have hurtful thoughts. If you think from God’s perspective about yourself, it will be something completely different and liberating.**

**Here’s your choices: You can think the way others think about you, you can think the way Satan thinks about you, or you can think the way God thinks about you.**

**This is really the source of most of your wounds. You’ve believed what others have said about you rather than what God says about you. ~**

**(Talk about personal struggle to change the way I think about having close friends…) ~~~**

**I don’t know what it would be for you, but many of you, you’ve got a wrong mindset. Maybe it is that you could never have a good marriage. You just couldn’t have a good marriage. You have been through too much, seen too much. You could never have a good marriage. You just couldn’t have a good marriage. That’s a wrong line mindset.**

**Maybe you think you could never make a difference in the world. You are not smart enough. You are not good enough. You are not talented enough. I know so many beautiful Godly women who feel fat and ugly. That’s a lie that is not true about you. I know so many talented men that feel insignificant and incapable of making a difference. I know people who are addicted that just say, “I just can’t get over this.” I know broke people who think they are always going to be broke and can never get out of it. I know rich people who think, “Yeah, I’m just going to be selfish the rest of my life,” and don’t even fathom the possibility of being generous.**

**What’s the wrong mindset for you? Acknowledge it and ask God to help renew your mind with truth. Let the power of this verse speak to you.**

**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.**

**NLT**

**You need to pray, “God please renew my mind with spiritual thoughts and attitudes. Help me see myself like you see me, not like others have told me, not even like I’ve told myself.”**

**One of the most painful dungeons in the world is our own minds. We can beat ourselves up and keep ourselves chained up for our entire lives. For many of you it’s not even the initial wound that’s still bothering you, it’s your thinking that’s bothering you.**

**It’s time to acknowledge your wounds, then adjust your thinking, and lastly…**

# I Must Ask God To Restore What’s Lost

**I think most of us will relate to the first part of this verse…**

**Ps 71:20-21**

**You have allowed me to suffer much hardship,**

**Let’s stop there for a minute. Some of you would say, “That’s an understatement! I’ve seen so much junk, and I’ve lost so much over the years. It seems like my life is just one tragedy after the other.”**

**See, when we get wounded, we lose something. We lose a relationship, a loved one, we might lose self confidence, some of you have lost your dream. And those kinds of wounds are debilitating. It’s like losing a part of your body, but it hurts deeper because it affects your soul.**

**I really believe that this is where most depression comes from. An enormous sense of loss, accompanied by the fear that you’ll never get it back.**

**Well hold on. There’s more to that verse. Let’s keep reading…**

**but you will restore me to life again**

**and lift me up from the depths of the earth.**

**21 You will restore me to even greater honor**

**and comfort me once again.**

**NLT**

**What do you do when you’ve lost all hope in yourself? You turn to the only one who you can hope in… God.**

**Some of you have prayed and prayed but it seems like there’s no answer. Please, pray one more time, and then again and again and again. God will hear your cries.**

**There are some of you that are so discouraged at this moment. You feel so low. You have no hope at all. God specializes in finding what was lost and restoring that which has been broken. God specializes in restoring that which is not where it is not supposed to be.**

**It’s a little bit like this. Here’s the heart of God. At our home, we never watch television without the remote control in hand. How people for years and years watched TV without a remote, I do not know. I used to be my Dad’s remote. ~~~**

**But now a days, God knows we will not get up and change the channel. It just takes too much work. Now some ladies don’t understand this about guys. We have to have the little power button in our hand because, guys, it’s a proven, scientific fact, men do not care about what is on television. They only care about what else might be on. Okay? That’s why we are always changing the channel. And we can also watch three or four, and those who are really gifted can watch five different sports show at one time. It’s an amazing gift.**

**If we lose the remote control, we will turn the house upside down to find it because we cannot watch it without it. It happened just this week. We could not find the remote. Jennifer actually called me and asked me, “Can you change the channels without a remote?” ~~~**

**God’s heart is so much more aggressive than that, when it comes to that which is lost. Luke 15, Jesus tells three powerful stories reflecting the heart of God. The first story Jesus told about was a shepherd who had a hundred sheep, and if one of them wandered off, the shepherd would leave the ninety-nine to go after the one that was lost. Jesus told about a woman who had ten coins, and if she lost one of them, she would tear her house apart to find the one that was lost. Jesus told about a father who had two sons, and when one son ran off, that father would spend day after day, and week after week, and month after month, perhaps year after year on the edge of town looking, hoping, praying, searching for his one son that was lost. And when that son was found, or the coin or the sheep, they would throw such big parties that no one had ever seen, because God cares for those who are lost. You matter to God.**

**What is it that God wants to restore in your life? Maybe He wants to restore your faith in Him, or your faith in even believing that there is some good in this world. Maybe it is that He wants to restore your hope, that you just don’t have any hope right now, and He wants you to have hope once again. Maybe He wants to restore intimacy in your relationship with Him or with someone else that you love. What is it that God wants to restore in your life? Let Jeremiah 30:17 speak to you. “The Lord declares this, ‘but I will restore you to health and heal your wounds,’ declares the Lord.” God specializes in restoring that which has been lost.**

**Jesus says that in the Bible, He says, “Come to me all who are weary, those who are worn out, broken.” He said, “those who are heavy laden.” He said, “those who are burdened by sin and guilt and fear, and life is just not working out, and you are heavy all of the time, and there is all sorts of guilt and questions and confusions and doubts and insecurities.” Jesus says, “Come to me as you are,” and then He said some awesome words, “I will give you rest.” Spiritual rest, peace that goes beyond all human understanding. Jesus says, “Come to me as you are.” That’s the amazing thing is that you matter to Him and He loves you so much. Jesus came to seek and to save that which is lost. He didn’t come for the religious establishment that was so messed up.**

**He didn’t come for those who were healthy. He came for those who were sick. There are those of you right, you know you need help. Jesus is your answer. Today, call on His name. Call on His name. The Bible says when you do, when you call on His name believing He is the Son of God who gave His life for you and is risen from the dead. Every single one of your sins will be completely forgiven. You get a spiritual do-over. At that exact moment, the very Spirit of God, the same Spirit that raised Christ from the dead moves into your life. You are never, ever, ever, ever again on your own. You have the very presence of God living inside of you. Come to Him today. Call on Him. Let him heal your wounds, and transform your life.**