

Soul Care Principle 5  
**Healing**

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Recap

- Anything to talk about from previous weeks?

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Psalm 23  
The Lord is my shepherd, I lack nothing.  
<sup>2</sup> He makes me lie down in green pastures,  
he leads me beside quiet waters,  
<sup>3</sup> he refreshes my soul.  
He guides me along the right paths  
for his name's sake.

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Psalm 23

<sup>4</sup> Even though I walk  
through the darkest valley,<sup>[a]</sup>  
I will fear no evil,  
for you are with me;  
your rod and your staff,  
they comfort me.

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Psalm 23

<sup>5</sup> You prepare a table before me  
in the presence of my enemies.  
You anoint my head with oil;  
my cup overflows.  
<sup>6</sup> Surely your goodness and love will follow me  
all the days of my life,  
and I will dwell in the house of the Lord  
forever.

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Healing

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Isaiah 53:3-5

He was despised and rejected, a man of suffering, and familiar with pain. Like one from whom people hide their faces He was despised, and we held Him in low esteem.

Surely He took up our pain and bore our suffering, yet we considered Him punished by God, stricken by Him, and afflicted.

But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was on Him, and by His wounds we are healed.

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Redemption

“He turns the arrows of the enemy meant to destroy us into the scalpels of the Great Physician meant to heal us.” (p.152)

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Access

Will we give Him access?

“Sooner or later we have to take responsibility for the baggage we carry, and we have to process it, and then we can receive healing. You only become a grown-up when you take responsibility for your life and choose to put the ways of your childhood behind you.” (p.154)

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Principles

- 1. God isn't trying to fix us; He wants a relationship with us.

"We are more interested in comfort than we are in wholeness. We are more interested in what God can do to make us feel better than we are interested in God Himself." (p.159)

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Principles

- 1. God isn't trying to fix us; He wants a relationship with us.
- 2. Theology 101 – God is smart, and He knows stuff we don't know, and He likes to tell us.

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Principles

- 1. God isn't trying to fix us; He wants a relationship with us.
- 2. Theology 101 – God is smart, and He knows stuff we don't know, and He likes to tell us.
- 3. Tell me your story

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Principles

1. God isn't trying to fix us; He wants a relationship with us.
2. Theology 101 – God is smart, and He knows stuff we don't know, and He likes to tell us.
3. Tell me your story
4. Only God heals the soul

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Ways God Heals

- Through becoming aware of His presence in a hurtful memory

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Ways God Heals

- Through becoming aware of His presence in a hurtful memory
- Through becoming aware of His words to us

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Ways God Heals

- Through becoming aware of His presence in a hurtful memory
- Through becoming aware of His words to us
- Redemptive suffering

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“There are some things that the power of God cannot do, that only the tenderness of God can do. There are some lessons and character traits that cannot be learned or developed in a moment, but only learned over time and developed in a process. Welcome the process, trust the sovereign leading of God, and seek the Healer for His presence.” (p.172)

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Ways God Heals

- Through becoming aware of His presence in a hurtful memory
- Through becoming aware of His words to us
- Through Redemptive suffering
- Through meditating on a Scripture

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Blocks to Hearing

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Jesus Heals

“Jesus died not just to forgive you. Jesus died and rose to heal your soul and set you free! Jesus is the healer. There are things in your life that only He can heal. You may have a difficult or painful past; you may feel like it is impossible to get healthy and whole, but there is hope. Jesus is the Healer. He can heal your soul and set you free!” (p.178).

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Questions

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Exercise

- Sit with Jesus and ask Him what issue or wound He wants to heal. Take whatever first comes to mind. Then ask the Holy Spirit how He wants to address the wound. Maybe He would have you invite Jesus to show you where He was. Watch and listen. Enter His presence. Follow His leading. (It can be helpful to ask, "what do you want to show me or say to me about that hurt?")
- What are some of the major wounds in your life? Ask the Holy Spirit to show you any areas that may need healing. Let Him surface memories to mind. Some of the memories may surprise you. Don't dismiss them. Write down the list for later processing.
- Consider experiencing this exercise with another believer if you feel you would like some help in processing these things

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