**It’s Time to Move Forward: When You’re Wounded**

*2 Corinthians 12:9 – “But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.”*

**Introduction: Living with the Limp**

Everybody gets wounded. Sometimes it’s physical pain, sometimes it’s emotional scars, sometimes it’s betrayal or disappointment. Life has a way of cutting us open, and the truth is—some wounds never fully heal this side of eternity.

Nevertheless, here is the struggle: how do you keep moving forward when you’re limping? When the wound is still fresh? Or, When the pain is real, not imagined?

Most people think, *“When I finally get over this, I’ll move on.”* But God flips it. He says, *“Move forward with the wound, and My grace will carry you.”*

The question isn’t whether you’ve been wounded—it’s whether you’ll let the wound stop you, or let God use it to shape you.

**Definition: Wounded-ness**

Wounded-ness is **the condition of carrying pain—emotional, physical, or spiritual—that threatens to hinder your faith, your progress, and your hope.**

**Old Testament Example: Jacob’s Limp (Genesis 32:24–31)**

Jacob wrestled with God all night and left the encounter with a limp. His wound didn’t disqualify him; it defined him. The limp became a reminder that he had encountered God and was changed forever.

**New Testament Example: Paul’s Thorn (2 Corinthians 12:7–10)**

Paul begged God three times to remove his “thorn in the flesh.” God didn’t remove it—He gave Paul grace to endure. Paul discovered that weakness was the stage on which God’s power was displayed.

**Main Points**

**1. Your Wound Doesn’t Mean God Has Abandoned You**

* Job was covered in sores, yet God never left him.
* Pain can cloud our vision, but God is closest in the moments we feel most forsaken.

**2. A Wound Can Become a Place of Worship**

* Hannah wept bitterly before God over her barrenness (1 Samuel 1:10). Out of her pain came prayer, and out of prayer came Samuel.
* Some of the deepest prayers come from the deepest wounds.

**3. God Uses Wounds to Produce Strength**

* James 1:2–4 reminds us that trials develop perseverance.
* The scar doesn’t signal defeat—it signals survival. The very thing that tried to break you becomes the thing God uses to strengthen you.

**4. Wounded Healers Are the Most Effective Witnesses**

* Jesus Himself rose from the grave still bearing His wounds (John 20:27).
* Your story of surviving, healing, and enduring becomes someone else’s hope that they too can keep going.

**Application: Moving Forward While Wounded**

1. **Admit the Wound** – Denial keeps you stuck; honesty frees you.
2. **Apply God’s Grace** – His grace doesn’t erase the wound but gives you strength to endure.
3. **Allow the Limp to Testify** – Like Jacob, let your limp become your witness that God touched you.
4. **Advance Anyway** – Don’t wait to be pain-free to pursue purpose. Move forward *with the limp.*

**Devotional Reflection**

“Lord, You know my wounds better than I do. You see the scars I hide, the pain I can’t explain. Yet You promise Your grace is enough. Teach me to walk with the limp, to boast in weakness, and to let my wounds point others to Your healing power. I choose to keep moving forward, even while wounded. Amen.”

**Study Questions**

1. What wound—physical, emotional, or spiritual—are you carrying right now?
2. How have you seen God use pain to draw you closer to Him?
3. What does Jacob’s limp or Paul’s thorn teach you about God’s perspective on weakness?
4. How might your wounds help someone else find healing in Christ?