

# DAY 11 — HEALING THE INNER LIFE

## Scripture:

Psalm 147:3

*He heals the brokenhearted and binds up their wounds.*

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## Devotional Reflection

God cares deeply about your emotional and spiritual healing. Scripture reminds us that He heals the brokenhearted and binds up their wounds. While healing is often associated with the physical, God is equally concerned with the unseen places within us — the wounds we carry quietly, the pain we suppress, and the emotions we've learned to manage instead of heal.

Inner wounds can shape how we think, trust, and relate to others. When pain goes unaddressed, it often resurfaces through fear, defensiveness, withdrawal, or control. God does not rush healing, and He does not minimize pain. He invites us to bring our brokenness into His presence, where healing begins through honesty and surrender.

As we continue this fast, God may be gently highlighting areas of the heart that still need His touch — past hurts, disappointments, grief, or unresolved emotions. Healing begins when we stop hiding pain and start offering it to God. What we bring into the light, God is faithful to restore.

Healing the inner life is a process, not a moment. Each time we bring our pain to God, we take a step toward wholeness. God heals what we are willing to entrust to Him, and His healing produces peace, freedom, and renewed strength.

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## **Fast Focus**

Today's Focus: Inviting God's Healing

Practice:

- Ask God to reveal areas of emotional or spiritual pain.
- Be honest with Him about what still hurts.
- Invite His healing presence into those places.

## **Prayer**

"Lord, heal the places in me that still hurt. I bring my pain, wounds, and emotions to You, trusting that You are gentle and faithful to restore. Thank You for caring deeply about my healing. In Jesus' name, amen."

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## **Fast Tie-In**

Fasting creates space for vulnerability. As you fast today, allow God to access areas of your heart that need healing and restoration.

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## **Reflection Question**

Where do I need God's healing touch in my heart or life right