

LOUD: YOUR SOUL IS SCREAMING ... HEAL ME

I am the LORD who heals you. Exodus 15:27 NLT

God heals the brokenhearted and bandages their wounds. Psalms 147:3 NCV

GOD'S HEALING PROCESS:

1. REVEAL MY HURT TO OTHER CHRISTIANS

I kept very quiet... but I became even more upset. I became very angry inside, and as I thought about it, my anger burned. Psalms 39:2-3 NCV

When I kept things to myself, I felt weak deep inside me. I moaned all day long. Psalms 32:3 NCV

Confess... to each other and pray for each other so that you may be healed. James 5:16 NLT

DISCUSSION: What are some hurts and pains in your life? Have you felt comfortable sharing these things with this group? Are there some things you are ready to share that you haven't in the past? Is there anything we can do as a group to make you feel more comfortable to share with us?

2. RESHAPE THE WAY I VIEW MY PAST EXPERIENCES

...Let God transform you into a new person by changing the way you think. Romans 12:2 NLT

We know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. Romans 8:28 NLT

DISCUSSION: Think about some past hurts that happened in your life. What do you think God wants you to learn in spite of the hurt and pain you experienced in the midst of those circumstances?

3. RELEASE THOSE WHO HAVE HURT ME

Never pay back evil for evil... never avenge yourselves. Leave that to God, for He has said that He will repay those who deserve it. Romans 12:17,19 LB

When Jesus suffered, He did not threaten to get even; He left His case in the hands of God... 1 Peter 2:23 LB

...A bitter spirit is not only bad in itself but can also poison the lives of many others. Hebrews 12:15 PH

DISCUSSION: Is there anyone in your life that you need to forgive? Is there anyone that you have bitterness toward or want to show revenge toward? Why are you having a hard time letting go of these things?

4. REFOCUS MY THOUGHTS ON MY FUTURE IN CHRIST

Put your heart right, reach out to God... then face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more. Job 11:13-16 GN

Look straight ahead with honest confidence; don't hang your head in shame. Proverbs 4:25 GN

And now, dear brothers and sisters, one final thing, Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Philippians 4:8 NLT

DISCUSSION: What are some of the negative thoughts that fill your mind? What are some of the SPECIFIC things that you could be thinking of instead of these negative things? How has God changed the way you think since following Him?

5. REACH OUT TO OTHERS

God comforts us every time we have trouble, so when others have trouble, we can comfort them with the same comfort God gives us. 2 Corinthians 1:4 NCV

DISCUSSION: What are some potential situations where people may need to be comforted? (Your own examples could be some of them) Who are some people in your life that are going through hard times that you need to reach out to? What are some practical ways you can comfort those people?