

# HEALING HURTS: BEING SET FREE FROM STRONGHOLDS

<b>EMOTIONAL WOUNDS</b> <i>What causes my pain, anger, worthlessness, etc?.</i>	<b>THINKING PROCESS</b> <i>What LIES am I believing?            What TRUTH casts down those lies?</i>		<b>COPING MECHANISMS</b> <i>Instead of turning to God what do I use to cope with the wound?</i>	<b>DECEPTIVE COVER</b> <i>How do I hide my sin from others and justify my sin to myself?</i>
EXAMPLE: I had an abusive father that abandoned our family.	"I feel like I don't belong." "I'm not lovable." "God won't be there for me either." "I'm worthless."	Eph. 1:6— "I am accepted." Jer. 31:3— "I have loved thee with an everlasting love." Heb. 13:5— "I will never leave thee, nor forsake thee."	Seductive porn: "I just want to be wanted and to numb out the pain." Anger: "I react when I sense someone is pulling away from me."	Reasoning: "I deserve some pleasure." Blame: "It's Dad's fault I act this way." Mask: "I act like I'm perfect so people will think my act is together."

# TRUTH TO CAST DOWN LIES

**MY SIN**

**HOLY SPIRIT  
CONVICTION**

**REPENTANCE**

(Confessing my sin, taking full responsibility by not blaming God or others; Godly sorrow resulting in a changed heart.)

**WHAT GOD DOES**

Completely forgives me  
Restores our fellowship  
Gives hope for the future  
Brings peace and joy

**WHAT SATAN DOES**

Accuses, condemns,  
discourages, and shames.  
"something is wrong with you."  
"You'll never be free."

## **God will forgive me.**

I John 1:9 If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

Psalms 103:12 As far as the east is from the west, so far hath He removed our transgressions from us.

## **I can cast down wrong thoughts.**

II Corinthians 10:5-6 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

## **God loves me unconditionally.**

Jeremiah 31:3 Yea, I have loved thee with an everlasting love: therefore with lovingkindness have I drawn thee.

Ephesians 1:6 He hath made us accepted in the beloved.

Jeremiah 29:11 For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end. (Hope)

## **God's grace is greater than my sin.**

Romans 5:20b-21 Where sin abounded, grace did much more abound.

## **My mind can be renewed with Scripture.**

Ephesians 5:26 That He might sanctify and cleanse it with the washing of water by the WORD.

Psalms 119:9 Wherewithal shall a young man cleanse his way? By taking heed thereto according to Thy WORD.

Romans 12:2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

## **God promises victory through Christ.**

I Corinthians 15:57 But thanks be to God which giveth us the victory through our Lord Jesus Christ.

Philippians 4:13 I can do all things through Christ which strengtheneth me.

## **God will always give a way of escape.**

I Corinthians 10:13 There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

## **God uses my circumstances for good.**

Romans 8:28 And we know that all things work together for good to them that love God, to them who are the called according to His purpose.

Psalms 51:10-12 Create in me a clean heart... cast me not away... restore unto me the joy of Thy salvation... Then will I teach transgressors Thy ways; and sinners shall be converted unto Thee.

## **God has a plan for my life.**

Psalms 18:30 His way is perfect.

Proverbs 3:6 In all thy ways acknowledge Him, and He shall direct thy paths.

II Timothy 1:9 Who hath saved us, and called us with an holy calling, not according to our works, but according to His own purpose and grace.

## **God is discipling me into Christ-likeness.**

Romans 8:29 For whom He did foreknow, He also did predestinate to be conformed to the image of His Son.

Philippians 1:6 He which hath begun a good work in you will perform it until the day of Jesus Christ.