



Week 7

Connect (15 minutes)

- **Share ONE step (even a small one) you took in the process of forgiveness, as we talked about last week.**

SOUL CARE PRINCIPLE #5 – HEALING WOUNDS (35 minutes)

- Read [Isaiah 53:1-6](#)
- **Let's take a moment to pray and thank Jesus for His healing and provision!**
- **Processing Your Past**
 - “Everybody carries internal pain and external baggage that affects their relationships, their walk with God, and their well-being. It's part of being born in a sin-stained world, but there is hope. We need to process this baggage and allow Jesus to heal this pain so our soul can be healthy. It doesn't matter how good your family was, there is always some baggage” (p. 158).
 - **How difficult is it for you to bring past or family baggage into the light?**
- **Healing the Soul**
 - **VIDEO “Healing the Soul”**
 - **What is ONE thing that stood out to you from the video?**
- **The Healing Presence**
 - **What stood out to you from page 163 to the end of the chapter?**
 - “We have soul bruises from past events and memories, but Jesus was present at the time of our wounding, and often a revelation of His presence, a picture of His presence, accompanied by His voice, can allow the healing to flow to our souls” (p. 167).
- **This is the beauty and the power of inner healing prayer! It can be helpful if there is an area of need where you have been unable to find freedom, have a wound that has gone unhealed, or you have felt spiritually stuck. If you have experienced this, can you share what Jesus was doing or what He said to you?**
- “When someone comes to me for help, my goal is never to meet with the person; my goal is to get the person to meet with Jesus. There is hope in that meeting” (p. 170)!

Spiritual Action Steps

- **Let's walk through the questions at the end of the chapter and share our responses. Don't rush through it, make sure everyone has adequate time to share.**
 - **1. Experience: recall a major wound and ask the Holy Spirit how He wants to address this wound. Maybe He would have you invite Jesus to come. Watch and listen. Enter His presence. Follow His leading.**
 - **2. 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.**
 - **3. Take the time over the next days and weeks to allow the Holy Spirit to surface any other memories that need His healing touch. Invite the presence of God in, and listen to the promptings of the Spirit. You may want to work through some of these memories with some discerning friends who are sensitive to the Spirit.**
 - **4. Find a fellow believer who is willing to pursue healing with you. Pray for one another. Talk less, pray less. Listen more. Allow the Spirit to direct your prayer time. Jesus is the Healer. We have nothing.**
 - **5. You may want to read the chapter in my book, River Dwellers, about hearing God's voice before you gather to pray with another believer. Bring people to Jesus as the Spirit shows you how. Humbly test the whispers of the Spirit.**

Pray Together

For Next Week:

- **Read Soul Care Principle #6 – OVERCOMING FEARS (181-202).**
- **Be sure that you make time to process through the Spiritual Action Steps at the end of the chapter!**