

Ecclesiastes 3:1-8 NLT

“For everything there is a season, a time for every activity under heaven. A time to be born and a time to die. A time to plant and a time to harvest. A time to kill and a time to heal. A time to tear down and a time to build up. A time to cry and a time to laugh. A time to grieve and a time to dance. A time to scatter stones and a time to gather stones. A time to embrace and a time to turn away. A time to search and a time to quit searching. A time to keep and a time to throw away. A time to tear and a time to mend. A time to be quiet and a time to speak. A time to love and a time to hate. A time for war and a time for peace.”

Unseen wounds show themselves through our perspectives, actions, attitudes, words, and freedom.

One of the Main Steps Toward Healing is _____

Psalms 147:1-3 NLT

“Praise the Lord! How good to sing praises to our God! How delightful and how fitting! The Lord is rebuilding Jerusalem and bringing the exiles back to Israel. He heals the brokenhearted and bandages their wounds.”

Matthew 5:3-11 NLT

“God blesses those who are poor and realize their need for him, for the Kingdom of Heaven is theirs. God blesses those who mourn, for they will be comforted. God blesses those who are humble, for they will inherit the whole earth. God blesses those who hunger and thirst for justice, for they will be satisfied. God blesses those who are merciful, for they will be shown mercy. God blesses those whose hearts are pure, for they will see God. God blesses those who work for peace, for they will be called the children of God. God blesses those who are persecuted for doing right, for the Kingdom of Heaven is theirs. “God blesses you when people mock you and persecute you and lie about you and say all sorts of evil things against you because you are my followers.”

Mark 11:22-25 NLT

“Then Jesus said to the disciples, “Have faith in God. I tell you the truth, you can say to this mountain, ‘May you be lifted up and thrown into the sea,’ and it will happen. But you must really believe it will happen and have no doubt in your heart. I tell you, you can pray for anything, and if you believe that you’ve received it, it will be yours. But when you are praying, *first* forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too.”

I have _____ against others.

I need _____.

I should _____.

My _____ & _____ are hindered if I refuse to forgive.