

MOVING BEYOND THE PAST

Lesson 2: Who Needs the Healing of Past Hurts?

- I. All of us to an extent need inner healing.
 - A. Most experts agree on three things.
 1. Everyone has problems that sometimes remain untouched by conversion, baptism of the Holy Spirit, Bible study, prayer, fellowship, and church work.
 2. Hidden in the heart of every Christian are unresolved issues and hurts which are surrounded by feelings hindering the person's present life.
 3. The focus of sanctification is to minister healing to unresolved issues and past hurts in such a way that they no longer have a negative effect in the present life of the individual.
 - B. Some symptoms of those needing inner healing:
Continual problems with trust, ruled by feelings, being overly responsible for others, neglecting our own needs, all-or-none thinking and behaving, high tolerance for inappropriate behavior, low self-esteem, fear of abandonment, difficulty resolving conflicts, controlling of people and situations instead of letting go.
- II. We are all shaped and affected by relationships with parents, spouses, brothers, sisters and intimate friends.
 - A. Many times the above individuals reflect the following characteristics to us.
 1. Conditional or partial love and acceptance.
 2. Critical, harsh, or more correction than love.
 3. Gone a lot, unpredictable, not there when needed.
 4. Angry, made to earn love.
 - B. A person surrounded by significant others who portray the above characteristics will have a hard time receiving love and giving love. They will have a distorted perception of God, self, and others. They will need emotional healing.
- III. In many ways, we all remain children.
 - A. As we enter adulthood, our childish patterns don't always fall away or disappear.
 - B. The wounded hidden child can have the following characteristics:
 1. Hurts relationships.
 2. Hurts those who they love the most.
 3. Causes reactions and outbursts.

4. Hinders themselves in growing in the Lord.

IV. The hardest thing we have to live with many times is our memories. One of our heaviest burdens is the past.

A. A painful memory is like a mental wound. The original event lacerates our mind-puncturing, rending, slashing to the very roots of self. No amputations are needed, at least when we let it heal normally and without infection. Problems come when we make a habit of picking at the scab, when we keep the wound ever fresh and infected.

B. We need to face memories, confront them, and haul them to the light.

V. All past is carried to the present by many of God's spiritual laws and principles.

VI. God desires us to be freed from past hurts and the results of our childish reactions to those hurts through:

- A. Forgiveness.
- B. Bringing our unhealthy behavior patterns (sins, habits) to death on the cross.

VII. God loves us! God Wants to:

- A. Heal the hurting child who lives in an adult body.
- B. Make healthy the hating child who lives in an adult body.
- C. Make happy the horrified child who lives in an adult body.
- D. Honor the humiliated child who lives in an adult body.

VIII. Note the cycle that leads us to need healings:

- A. Hurtful experiences and memories, unfulfilled expectations, generational patterns and sins leads to:
- B. Unforgiveness-leads to:
- C. Bitter-root judgments, inner vows-leads to:
- D. Hearts of stone-leads to:
- E. Behavior patterns (habits, defenses, sinful tendencies).