• As I begin this message today I want to ask you a very important question.
• Are you tired of being chained to your past... emotional wounds, broken relationships, addictions and other areas of your life that keep you in bondage from being the successful person you would really like to be?

• If so, I want you to know that there is hope for you.
• Jesus came to heal the brokenhearted and the oppressed and His Spirit is with us today carrying out this important purpose in our lives.

_Luke 4:18_ "The Spirit of the LORD is upon Me, because He has anointed Me to preach the gospel to the poor. _He has sent Me to heal the brokenhearted, to preach deliverance to the captives and recovery of sight to the blind, to set at liberty those who are oppressed_...

• In today's message I would like to begin talking about a subject that has affected everyone of us no matter who we are.
  o I want to talk about the emotional wounds that we all receive along life's pathway.
  o I say this with confidence, because I am aware of the cruel and imperfect world we must all cope with.

• None of us are exempt from being emotionally hurt from time to time, but you need to know that God's desires for you to be healed of these wounds.
• Even King David had wounds that needed to be healed.
• _Psalms 109:22_ For I am poor and needy, And my heart is wounded within me.

• No matter who we are...
  o a businessperson,
  o salesperson,
  o construction worker,
  o blue collar worker,
  o computer whiz,
  o professional person,
  o mother,
father,
husband,
or wife
- life can be very cruel and hard, giving us emotional wounds and scars that affect our lives in a very negative way.

- On the outside, we may look good, but on the inside many of us are hurting from the emotional wounds we've picked up along life's journey.

- Some of you have already acknowledged and dealt with your wounds and have received healing and are living successful lives as a result.
  - And there are some of you have accepted your wounds and are coping with life as best as you can.
  - And then there are those of you who are barely able to function because you have become so injured as a result.

- Is there hope for you?
- Can your wounds be healed?
- I believe the answer is an unequivocal yes!

I. Society's Indicators

- There are many indicators in our society that reveal to us how far reaching these wounds have spread.

- When the lead singer from the rock band Nirvana, Kurt Cobain committed suicide, he had expressed the hopelessness that is found in many people today.
  - Even though he was very successful as a rock star, he had lost his desire for life.
  - His last album was almost titled "I hate myself and I want to die."
  - It was said that he lived a very sad and angry life, and all of that came out in his music.

- We live in a society that is addicted to everything and anything.
  - That’s why there are so many therapists and support groups.
    - There are a support groups for everything.
The topics on the many talk shows: Maury, Dr. Phil and others.

- The drug problems and gang violence.

**The reason this is so far reaching is because hurt people, hurt others.**

- It's an unbroken chain reaction.
- If our society's ills are going to be broken, then we must begin to break the chains in our own lives and stop this endless cycle of hurting and wounding one another.
- To do this, we must first identify the cause of the wound and how it has affected our lives.

II. **Wounds - Their Causes & Results**

**The Major Causes of Most Wounds**

- Emotional wounds can be inflicted by parents…
  - Physical, mental, verbal abuse.
  - Sexual abuse.
  - Abandonment.
- General meanness in others…
  - Kids can be very mean sometimes.
- Broken relationships.
  - Major disappointments.
  - Nasty Divorce.
- Major moral failure: adultery, abortion, etc.

**Results of Most Wounds**

- Maybe you are not sure how affected you have been by your wounds.
- You may think everything is ok.

- Here are some indicators as to how you may be affected.
  - Wounded people hurt others Exodus 20:5-6.
  - No Confidence - low self esteem.
  - Lonely and withdrawn - very few friends.
  - Anger, bitterness, hate & violence.
  - Unable to respond to others properly.
  - Repeating the things that happened to you.
  - Eating disorders.
- Shame, guilt & unworthiness.
- Afraid to show love.
- Self condemnation
- Suicidal tendencies.

- Unfortunately, the person we have become has been shaped by these wounds and their results.
  - The wounds have produced major strongholds in our lives that render us ineffective and unproductive.
  - This is why many people are unhappy with the way their lives are turning out.
  - They have failed to deal with these important issues and as a result they are impaired from having a life filled with God's riches and abundance.

- As individuals it is important for us to break free from the bondage of the past if we are to be successful in the present and the future.

- Your life doesn't have to remain as it is.
- **To often the bondage of the past impairs us to the present and the future.**
  - We are looking through the present and future through the glasses of the past.

- The question today is, "Is there hope for you?"
- Can your wounds be healed?"
- The answer is an unequivocal yes!

Jesus said...

**John 10:10**  "The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly".

- All of the above causes and results are from the hand of the enemy.
  - He has continually sown corruption into the lives of precious individuals everywhere.
  - We have all been affected in one degree or another.
III. How Does Healing Come?

- I'm going to introduce you to a few of these principles today.
  - We Must believe that Jesus really wants and desires to heal us.
    - Mark 2:17 When Jesus heard it, he saith unto them, They that are whole have no need of the physician, but they that are sick: I came not to call the righteous, but sinners to repentance.
    - Hebrews 4:14-16. Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.
  - We must come out of denial and openly acknowledge and confess our wound.
    - Psalm 62:5-8 My soul, wait thou only upon God; for my expectation is from him. He only is my rock and my salvation: he is my defence; I shall not be moved. In God is my salvation and my glory: the rock of my strength, and my refuge, is in God. Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us. Selah
    - Psalm 118:5-6 I called upon the LORD in distress: the LORD answered me, and set me in a large place. The LORD is on my side; I will not fear: what can man do unto me?
  - We must have the courage to face the pain and the ugliness of the wound.
  - We must deal with the root and not just the symptom.
    - Amos 2:9. Yet destroyed I the Amorite before them, whose height was like the height of the cedars, and he was strong as the oaks; yet I destroyed his fruit from above, and his roots from beneath.
  - We must forgive and let go.
    - Colossians 3:12-15. 12 Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering;
Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye. And above all these things put on charity, which is the bond of perfectness. And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.

- We must love our enemies.
  - Matthew 5:44. *But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;*

- We must find a safe environment to take off our mask.
  - James 5:16. Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

- We must take comfort and strength in God's word.
  - Psalm 119:50, 50 *This is my comfort in my affliction: for thy word hath quickened me.*
  - Psalm 119:92-93 92 *Unless thy law had been my delights, I should then have perished in mine affliction. 93 I will never forget thy precepts: for with them thou hast quickened me.*

- We must engage in Spiritual warfare.
  - Ephesians 6:10-14 10 *Finally, my brethren, be strong in the Lord, and in the power of his might. 11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. 12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. 13 Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. 14 Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;*
We must repent in areas where our own sin has caused the damage.

- Acts 3:19 Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord;

**CONCLUSION**

*Hebrews 12:1-2*  
Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,  
Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.