

G.O.D. H.E.A.L.S.

STEP 2: Open your heart. I now know that God exists, that I matter to Him, and that He is the only One who has the power to heal my pain.

*God blesses those who mourn, for they will be comforted.
Matthew 5:4*

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STEP 3: Depend on Christ. I realize I need to turn my life over to Christ. I need to depend on Him in the all areas of my life, including all that I say, think, and do.

*God blesses the meek, for they will inherit the earth.
Matthew 5:5*

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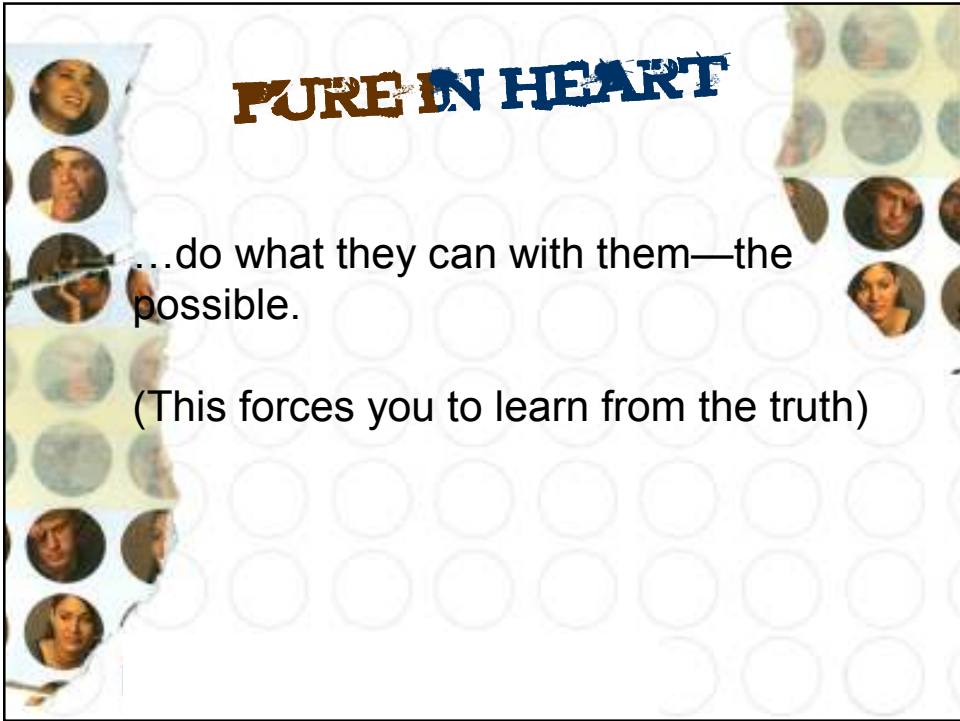
STEP 4: Honestly Examine & Confess. I agree to evaluate my life and confess my faults to myself, to God, and to someone I trust.

Happy are the pure in heart. Matthew 5:8

PURE IN HEART

...take the time to recognize their impurities.

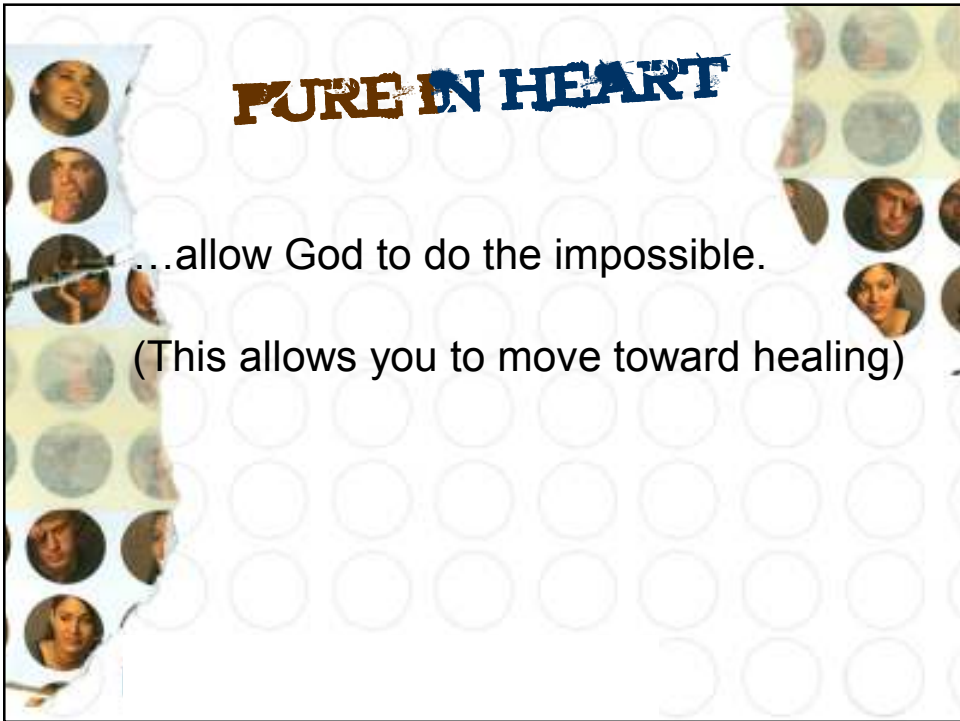
(This forces you to evaluate the past)



PURE IN HEART

...do what they can with them—the possible.

(This forces you to learn from the truth)



PURE IN HEART

...allow God to do the impossible.

(This allows you to move toward healing)



EXAMINE & CONFESS

Pray for COURAGE to examine and remember God's PRESENCE during the process

I command you-- be strong and courageous! Do not be afraid or discouraged. For the LORD your God is with you wherever you go." Joshua 1:9



EXAMINE & CONFESS

Put the past IN WRITING

- What do I feel guilty about?
 - How does this hurt me?
 - What was my part?
- Who do I resent? Why?
 - How does this hurt me?
 - What was my part?
- What are my fears?
 - How does this hurt me?
 - What was my part?



EXAMINE & CONFESS

Put the past IN WRITING

The LORD's searchlight penetrates the human spirit, exposing every hidden motive. Proverbs 20:27

God means what he says. What he says goes. His powerful Word is sharp as a surgeon's scalpel, cutting through everything, whether doubt or defense, laying us open to listen and obey. Nothing and no one is impervious to God's Word. We can't get away from it—no matter what Hebrews 4:12-13



EXAMINE & CONFESS

Take time to LEARN

Accept responsibility for my faults

Search me, O God, and know my heart; test me and know my thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life. Psalm 139:23-24



EXAMINE & CONFESS

Ask God for FORGIVENESS

God forgives instantly, freely, and completely

There was a time when I wouldn't admit what a sinner I was. But my dishonesty made me miserable and filled my days with frustration. All day and all night your hand was heavy on me. My strength evaporated like water on a sunny day until I finally admitted all my sins to you and stopped trying to hide them. I said to myself, "I will confess them to the Lord." And you forgave me! All my guilt is gone. Psalm 2:3-5

EXAMINE & CONFESS

Talk it out with a TRUSTED FRIEND.

*As iron sharpens iron, a friend sharpens a friend.
Proverbs 27:17*

Someone you trust, who understands healing, who is mature enough and won't be shocked, and who has a relationship with Jesus.

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ONE LAST THOUGHT:

*Don't be afraid, for I am WITH YOU. Do not be dismayed, for I am YOUR GOD. I will strengthen you. I will HELP YOU. I will uphold you with my victorious right hand.
Isaiah 41:10*