

# TALK IT OVER

Soul Healing

## BOTTOM LINE

Unexamined pain rules.

## CONVERSATION STARTER

What's the story of your name? If you could go back in time to when you were 10 years old and give yourself one piece of advice, what would it be?

## THINGS TO CONSIDER

*What did you hear?*

*What do you think?*

*What will you do?*

## RESOURCES

- The Daily: [newpointeorg/daily](http://newpointeorg/daily)
- [Healing Emotional Wounds](#) by Dr. Henry Cloud

## KEY VERSES AND QUOTES

*Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Hebrews 12:1-2 NIV*

*For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Ephesians 6:12 NIV*

"If we agree that our intended state is all that Jesus purchased for us—purpose, power, peace, victory, freedom, hope, help—and we are not fully living in that, we must begin to assess the nature of our damage by looking more closely at what is going on around us and in us." – Dwight Mason

"Our relationships are targeted because those are where the heartbeat of God's love is displayed." – Dwight Mason

"God has an amazing plan to glorify Himself uniquely through your life and person, a plan that is an amazing, fulfilling path of maturity, freedom, and victory in Jesus. The foundational truth you must live by is that God loves you and He has a plan for your life." – Dwight Mason

## TALK IT OVER

God's plan is to dispense His love on earth in and through you and me... The diabolical plan is to so wound us that we become out of commission for the great and unique purpose for which God made us. How do you see this happening in your life and those around you? If it is true that we must rule our pain or it will rule us, what keeps us from assessing our pain and dealing with it? We can unintentionally place unmettable expectations on the people we love and appreciate the most. How can God help you recognize and change negative patterns in your relationships?

## ACTION STEPS (This or one of your own)

I will intentionally assess my woundedness and its effect on my relationships. I will trust God for healing and throw off everything that hinders me so I can fulfill His purpose in my life.

My Action Step: \_\_\_\_\_