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GOD'S HOPE FOR THE REST OF YOUR LIFE

Session 4:

God Wants You to Be Healed

Message by Pastor Michael Vuorensivu
Cedar Grove Church | October 8, 2017



WATCH FOR LEADER'S TIPS

LEADER'S STUDY GUIDE

Getting to Know One Another

- In what areas of your life are you thankful that God has brought healing?
- What scripture spoke to you most during Sunday's message (refer to bulletin)? Why?

God Wants You to BE HEALED

A “Hurt” could be classified as any life experience that may have **damaged your heart**. Some offense against you that crippled your ability to deal with the world in a healthy way. Or something that may have twisted your view of yourself, God or others.

Some common hurts include:

- Abandonment
- Abortion
- Abused as a child, or by a spouse, employer, or the church
- Adoption
- Betrayal
- Dysfunctional family (divorce, alcoholism, drug abuse, rage, etc.)
- Neglect
- Rape
- Rejection

“Hang-ups” are those **roadblocks** that keep us from progressing further in God’s plan for your life. They are often shaped by some bent thinking you may have received as a child, or some unhealthy attitude you may have adopted as a means of coping with life’s challenges.

Some common hang-ups would include:

- Anger
- Anxiety, worry
- Arrogance
- Body image problems
- Bullying, bigotry
- Codependency
- Control freaks
- Depression
- Fear
- Frigidity
- Greed, envy
- Guilt (false) and/or shame
- Impatience
- Lack of self-control
- Lack of trust in God
- Laziness
- Materialism
- People pleasing
- Perfectionism
- Pride
- Procrastination
- Racism
- Self-righteousness
- Self-condemnation

“Habits” tend to be **unhealthy patterns** that often start as a perceived “remedy” for some problem in your life, but end up turning into a chronic bad behavior or addiction. Habits are the repeat, default programs that you run in your system to help you cope when the going gets tough. These are deeply grooved behaviours and patterns of response that continually lead to trouble in your life.

Some common habits are:

- Abusive behavior
- Alcohol
- Bitterness
- Cheating, affairs, unmarried sex
- Critical spirit
- Drugs
- Eating disorders
- Gambling
- Gossip
- Same Sex Attraction
- Isolation
- Lying
- Self-mutilation
- Sex addictions
- Spending problems
- Stealing
- Unforgiveness
- Wasteful pursuits
- Workaholism

God **knows** all about my situation and yours.

I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul. Psalm 31:7 (NIV)

O God, You know my foolishness; And my sins are not hidden from You. Psalm 69:5 (NKJV)

God **cares** about my situation.

26 But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. 27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. John 14:26-27 (NIV)

*Greater love has no one than this: to lay down one's life for one's friends". **John 15:13 (NIV)***

God **can help** me and my situation.

*I pray you will begin to understand how incredibly great his power is to help those who believe Him ... the same power that raised Christ from the dead. **Ephesians 1:20 (TLB)***

*Stop lying to each other; tell the truth, for we are parts of each other and when we lie to each other we are hurting ourselves. **Ephesians 4:25 (TLB)***

*"When you go through deep waters and great troubles, I will be with you, ... you won't drown! When you walk through the fires of oppression, you won't be burned up."
Isaiah 43:3:2-3 (TLB)*

The first step towards healing I would offer to you is confessing there is something wrong ... moving out of denial into the light of truth.

*If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. **1 John 1:9***

*Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. **James 5:16 (NIV)***

So, if you think you are standing firm, be careful that you don't fall! 1 Corinthians 10:12 (NIV)

Denial has been defined as “a false system of beliefs that are not based on reality” and as well “a self-protecting behavior that keeps us from honestly facing the truth.”

*You can't heal a wound by saying it's not there!
Jeremiah 6:14 (TLB)*

Dealing With D.E.N.I.A.L.

Okay, let's look at this session's acrostic: DENIAL (this is taken from Lesson 1 of the Celebrate Recovery Ministry Manual)

- The **D** in denial stands for **DISABLES** our feelings. Hiding our feelings, living in denial, freezes our emotions and binds us. Understanding and feeling our feelings is where we find freedom.

They promise them freedom, while they themselves are slaves of destructive habits — for we are slaves of any thing that has conquered us. 2 Peter 2:19 (GNT)

- The next letter in denial is **E**, which stands for **ENERGY** lost.

He frees the prisoners, ... he lifts the burdens from those bent down beneath their loads. Psalm 146:7 (TLB)

- Let's move on to the N in denial. Denial **NEGATES** growth.

They cried to the Lord in their troubles, and he rescued them! He led them from the darkness and shadow of death and snapped their chains” Psalm 107:13 –14 (TLB)

- The next letter in denial is I, Denial **ISOLATES** us from God.

...God is light; in him there is no darkness at all. If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

1 John 1:5-7 (NIV)

- Our denial not only isolates us from God, it **ALIENATES** us from our relationships.

Stop lying to each other; tell the truth, for we are parts of each other and when we lie to each other we are hurting ourselves.

Ephesians 4:25 (TLB)

- Finally the letter L, denial **LENGTHENS** the pain.

“I will give you back your health again and heal your wounds”.

Jeremiah 30:17a (TLB)

DISCUSSION QUESTIONS



Note: Open your group with a prayer. This is only a guide – select the points you want to discuss.

1. Do you agree with the definitions given for hurts, hang-ups and habits? Why or why not?
2. In what arena of life do you think denial hurts us the most?
Eg.: Finances, family, friends, community, inner self, work, marriage, etc.
3. Which letter of the D.E.N.I.A.L. acrostic do you think is the first one people would see you act out if you were in denial?
4. Is there something deeper surrounding the definitions or suggested hurts, hang-ups and habits that you would like to share?

5. Is there anything that you would like to perhaps add to this conversation as you have been discussing and looking at this information?

6. How healthy do you feel your life is on a scale from 1 (I am Suffering!) to 10 (It is Awesome!)? Share in prayer time.

PRAYER TIME



Note: Please have everyone pair up for prayer and then you should close. Allow 7 – 10 minutes.

- Review and pray about Discussion Question #6.
- Give thanks for those things that God has healed you of in some way - either big or small.
- Pray for each other that God would help you in areas where He has started to reveal a greater need.
- Any extra prayer needed?