

Emotional Injury and Healing—Wounds or Scars

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I. Intro-all injured physically and emotionally – need for healing

II. Physical injury – recent cut on your right hand -would you shake hands?

You would be *defensive*/protective

If injury was 2 yrs ago you would have a scar and not have pain

Scars remind but do not cause defenses

III. Emotional injuries are similar

Our responses are similar – physical injury indicated by defensive acts

Emotional injuries cause *defensive* behaviors (if not healed)

Defensive behaviors – denial, projection, bullying, manipulation, isolation, over sensitivity, taking offenses for others, insecurity, getting even

Short term useful – provide adjustment time

Long term harmful – become behavior patterns

IV. Steps to Healing

1. Tell the truth – about self, experience, others, God (Romans 12:3); “Truth will set you free” (John 8:32); Ex-dentist-drill out *all* the decay (Proverbs 27:6)

VS-Coping – (using meds to mask pain of toothache vs. root canal)

VS-maintaining idealized image of self or others (parent, spouse, etc)

2. Experience the pain—acknowledge offense, feel the hurt, grieve the loss

3. Forgive the offender—“Father forgive them, for they...”

4. Confess—Say what God says... (Psalm 51:17)

5. Healing—injuries become scars (Psalm 147:3) (Psalm 34:18)

6. Restored function—(no more need for defensive behaviors)

7. Rebuild relationships—as a new and healed person

V. Notes

-Injuries are designed by God to break us so He can use us –(Broken horse obeys)

-We tend to return to places of unresolved conflict, injury or unforgiven sin

Questions – Are you broken (are your injuries healing or healed?)

Or are you wounded? (are your injuries unhealed?)

Wounded men throw spears, broken men do not throw spears

-Problems tend to polarize on these lines

-God wants us broken and healed (Jehovah Rapha) Psalm 23 “He restores my *soul*”

Church is a healing community-members one of another – (Galatians 6:1)

Accountability (Romans 15:14)