Series: Healing for the Wounded

March 31, 2019

Message 1

**Healing for the Wounded**

Psalm 147:3

Psalm 147:3 - He heals the brokenhearted and bandages their wounds.

**Intro:** There is a simple fact that we often overlook - we are all broken and wounded people -

* Some are more healed than others
* Some simply hide it better than others -

But- there is brokenness in every life - and Jesus came to heal the broken!

The most painful wounds are those that come at the hands of those closest to us - family members - spouses - even church members - when we face attacks and accusations from those we love and trusted, it can be most painful and most difficult to overcome and received healing.

But we must remember that we do not fight with flesh and blood human enemies - we are in a spiritual warfare -

Jesus Himself was the fulfillment of

Zechariah 13:7 - If someone asks, ‘What are these wounds on your body?’ they will answer, ‘The wounds I was given at the house of my friends.’

Sometimes we will find the healing we need, when we look beyond our own troubles to see that others are hurting as well - and we work to aid in their healing.

Proverbs 15:13 - A glad heart makes a happy face;

a broken heart crushes the spirit.

Proverbs 17:22 NIV - A cheerful heart is good medicine,

but a crushed spirit dries up the bones.

Life comes from the bones. Bone marrow produces blood cells. In order for your blood to be healthy, your bone marrow has to be healthy.

The Bible says that when your spirit is crushed, your bones will dry up. How healthy you are in your spirit will have a direct effect on how healthy you are in your physical body.

But God wants to sing over you!

Zephaniah 3:17 - For the Lord your God is living among you.

He is a mighty savior.

He will take delight in you with gladness.

With his love, he will calm all your fears.

He will rejoice over you with joyful songs.”

God loves to sing to the wounded and the broken hearted.

God knows we are in enemy territory! God knows we are under fire! God knows what and who is coming against us! He hurts for us!

Can God keep us from hardships? He can - but He chooses not to - We grow and learn through hardships - but He is with us through every battle and every storm!

Psalm 34:19-20 - The righteous person faces many troubles,

but the Lord comes to the rescue each time. For the Lord protects the bones of the righteous; not one of them is broken!

Isaiah 43:2 - When you go through deep waters, I will be with you.

When you go through rivers of difficulty, you will not drown.

When you walk through the fire of oppression, you will not be burned up; the flames will not consume you.

God will always be in our boat when the winds begin to blow! He will always be there to rise and say, “Peace! Be still!”

We go through battles! None of us can stop it! God doesn’t stop it. We live in a world that is now under the power of the evil one. We have to fight evil spirits every day. You will go through battles and at times you will be hurt.

But - there is coming a time when the battle is going to be over - and when it is - not only are we going to rejoice with singing, God is going to rejoice with singing!

I want these messages to encourage the wounded - We have all been wounded.

Some have been wounded so bad they don’t even want to pray anymore.

Have I ever been to point of hurt, pain and confusion where I did not want to pray - to worship - to be at church? Absolutely! If we will be honest, most of us have been there and some of us may be there right now. Life itself seems to be draining everything out of you - you have wondered if there is a physical problem - or an emotional problem - a mental problem - and no matter where you go you don’t seem to get any answers and you don’t seem to get any better.

Some are plagued by fear - Sharon’s story will be told -

The fear grips you in your heart and in your mind. There are times you recover from that fear - but then it comes back. It seems like every time it grips you, you stay in it longer. You feel like some kind of loss is inevitable. You are sure that you are going to lose your health - your family - your job - your security - your soul - You are always worried - You are always burdened.

You feel as if all energy is gone. You don’t want to get up in the morning. You take a vacation thinking you will recover, but each time it takes you longer and longer to recover. You wonder, “How much longer can I go? How much longer can I keep dealing with this? What is wrong with me?”

But in the midst of this battle - I want to tell you - you are loved and you are valued - you are gifted - no matter how you feel about the battle!

The battle is there because God wants to do something great in and through us!

The lack of battle signifies the lack of any spiritual progress! If you never run into Satan, there is a danger that you are walking in the same direction! It is when you are living a life that is dangerous to his kingdom that great warfare really comes!

It is so sad when any member of the family of God becomes sidelined in the battle! A lot of things can cause this - but God wants to heal us and lift us up so that we can bring others to life in Him! Just when you are needed the most, the devil foresaw, planned and supervised some kind of circumstances to make sure that you were knocked out of the race.

I want you to know that God knows you - He knows who you are - He knows your hurt and your pain - He cares and He will help you!~ He loves you more than you love yourself!

Don’t believe that God is the One who is against you! God is for us - and if God is for us who can be against us!

You can go against God - you can work against Him - you can fall into the trap of bitterness, unforgiveness and hatred - but HE STILL LOVES YOU!

Remember the woman caught in the act of adultery …

Some constantly hear voices of condemnation in your mind - “You’re no good! You’ve sinned! You’ve got to talent - no gifts - no abilities - you’re a failure! this person didn’t like you - that person …”

You think you’re heard from God - but it’s the devil’s voice that is saying that stuff! You’ve been so hurt and confused you cannot discern God’s voice from the devil’s!

God is standing by waiting to lift you up - to care for you - to love you!

He hasn’t left you! There is no reason today that you can’t come to God with all your problems and concerns! Don’t run from Him! He said He would never leave you! There is no condemnation to those who are in Christ Jesus!

You may be in a mess today! You may have committed some horrible sin! You may be locked in a sin! Hear me: Come to Jesus! He will love you!

So many are stressed out - wounded from battles - sidetracked - needing intensive care. Business owners are struggling to survive - Housewives & mothers can’t keep up with the responsibilities of house and kids - former lovers in a marriage are deeply wounded in shock because of divorce. Christians involved in a good church - once were happy - once in unity with the pastor and the church family - now are ostracized and driven off by differences of opinion with leadership in the church and others. They are roaming, looking for another church - but they become so discouraged - not finding what they are looking for - they begin to wonder if there are any good churches left! Are there any men of God left? Are there any Christians left that are real?

There are young people - teens and children who are trying to keep up academically and in other ways to please parents - teachers and friends - they also wrestle with waking up in the morning saying, “What beliefs am I going to have to compromise today in order to be accepted by my peers?” Others are trying to decide if they still want to live.

We want to be accepted by God, but we also want to be accepted by others - and we know that persecution and ridicule comes when we live godly lives before others. Some are torn up inside every day! We have a battle to fight every day! Sometimes we win - sometimes we don’t - and when we don’t- the hurt comes - not only from our conscience, but our spiritual enemy pounces on us and laughs at us and tells us that we’re not good enough and we will never make it!

God knows all about this! He loves you with all of His heart! Jesus was a teenager once - and He worked a job in a business with His father!

Don’t you wish the Bible had told us more of that?

Jesus is not shaking a finger in your face saying, “The first minute you mess up, the next time you miss a step, I’m going to open the earth, the tile floor underneath you at the school, the gymnasium will get a gaping hole in it - the factory floor - and I’m going to swallow you up into hell!”

That’s not Jesus! Jesus says, “I love you! Just come back to me! Ask for forgiveness! Spend some time with me and I’ll give you the strength to overcome and stand strong next time!”

In this series I want you to hear the voice of someone who understands - I want you to hear the voice of Jesus!

Jesus understands everything you have ever felt!

**Big Idea: Jesus loves the walking wounded and desires to heal us!**

**T.S.:** Three kinds of damage that is being done to people today:

**> Burnout**

**Burnout happens to people that are givers.**

Many people are givers. This is not just financial - we give of our love - our time - our talents - our serving -

Our church is blessed with some of the greatest givers - people here every week - some here all week long - giving of their time and themselves to keep this church going! This church is way beyond being about just a few people - we’ve passed that stage and we’re never going back! This church is about people who give of themselves all week long!

I love this church for that! We are filled with loving, kind, giving people! I can look across this room right now and see all the people who give so much to give life to this church family!

But burnout happens to people that give - people that don’t think of themselves - they think of the children - the church - their husband - their wife - their family - their community - other people’s needs - and they are always giving! They are smiling even when they are hurting!

**Burnout is a depletion of the physical energy and emotional resources that enable a giver to keep on giving!**

You let the bucket down into the well to give some more, and one day you find there is nothing left! All of a sudden it is gone! You have depleted your resources! You are worn out physically - your begin to wonder - “What is wrong with me?”

Some of you are at that point right now - but it goes further.

Next -

**> Depression**

Some may have never been depressed before - but you are there now - or on the verge. Some have battled depression for years.

**Burnout is the physical end of it. Depression is the emotional end of it.**

God made you to have a time of rest! He rested on the 7th day as an example and to us to work 6 days and rest on the 7th. He created our bodies to lay down every 16 hours and rest. Then, after rest, our bodies are rejuvenated and we’re ready to get up and go - when we’re healthy! It’s like charging up our batteries.

However, when stress comes, you lay down at night, but you don’t get any rest! You lay down - but your legs are moving - your mind is running - sleep doesn’t come - you can’t get any rest! And without rest, you just can’t go anymore! You can’t think straight!

Burnout happens in the physical - but then it affects our emotions. Just as God made you to rest in your natural body so that you could keep going physically, He also gave you the capacity and resources mentally to get over things quickly.

When you are healthy emotionally, you are able to get over things quickly, you rebound quickly from setbacks and you forgive - You may get bumped around and hurt, but you have the resiliency to bounce back and face life.

When depression comes, you are dropping the bucket down into the emotional well to find rejuvenation and resiliency, but there’s nothing in the bucket!

Your natural, physical body affects your emotions. When you drop your bucket down into the emotional well, and you don’t bring anything up, that’s when it all seems to start caving in on you! Little bumps and little problems become major issues. You have trouble forgiving. You want to make an issue out of everything. You begin to feel as if no one loves you and no one cares. No one calls you. No one texts. You’re not appreciated. You’re been letting the bucket down - in times past you’ve been able to get over these things -but now there is no reserve there.

In these days, we are fighting a spiritual battle and it leads to -

**> Wounding**

**Wounding is an emotional condition caused by the hurtful acts of other people.**

You get set up for wounding when you are burned out physically, when you are emotionally depleted. When you let down the bucket emotionally and you are getting into a state of depression, the enemy always has someone, or a group of people to come along and come in for the kill - This is where we become the Walking Wounded.

When you are burnt out, you have hope of rebounding. You go off somewhere to rest, to get away from it, or even get help from a doctor. You get some sleep, you get some rest, you clear your mind.

When you are in depression, you have the capacity to drop the bucket down, and after you get your physical condition in shape, it helps the depression to begin to lift, but when you are WOUNDED, it’s like a cap is put on top of the burn out and the depression, it is screwed on tight and then welded in place! The well is closed.

The enemy thinks he has you - but he only thinks he does! The Holy Spirit can unweld the cap and blow the lid off your well! Your well can be open again! You can receive again! It can happen this morning - in the name of Jesus!

When a person is wounded, they are in an emotional condition, and they are going through things that cause them to behave differently than they used to. You can get to the point when you are healthy and happy and vivacious, people say, “What a wonderful person! That’s the kind of person Harry is … Joyce is … That person is such an encouraging person - they always lifts me up when I see them. This person calls me and is a real encouragement, it was so good to hear from them. That person always comes to me in church and gives me a big hug - I always know I’m loved when I see them.”

When that individual who is always giving begins to go through the battle, when they begin to experience burnout and a heavy oppression comes on them, depression begins to settle even on them. When they are vulnerable and not their old, cheerful self, when they need help - it would seem that the Body of Christ would have a sensitivity to know when someone is hurting.

It really helps too when someone says, “If you just prayed more - and if you were more spiritual in these ways, you wouldn’t be depressed.” - Folks - sometimes that may be true - sometimes that is definitely not true - sometimes there is more going on than one person can handle - and that message does nothing but increase the wounding.

Maybe you know of a person who is always loving and giving - they always greet you and love you - they come to a point in their life that they are having a great struggle - you don’t know what it is - but it causes them to not be their old self. They come in and you don’t feel their warmth - their love - they don’t greet you the way they did.

You take it personally! They are going through something that doesn’t have anything to do with you - they are hurting - they are in an emotional and spiritual battle for their life and their soul - all you can see is that they don’t seem to be as friendly! You don’t know what they are going through! But you take it personally!

Some people are seriously wounded - other people just have thin skin - and there is a big difference!

People in the Body of Christ can become like sharks that smell blood. A fish gets wounded at sea - bleeds -the sharks come and circle - sizing up the fish - then they come in for the kill and tear the fish to pieces!

The body of Christ can be this way! Sometimes the greatest, most giving, loving saints have been hurt. They have given and given and given until they can’t give anymore. The oppressive spirit of depression sets in.

Then, instead of a brother or sister reaching out and loving, they get denounced - people begin to circle!

As we are circling we size them up. They are not like they used to be. They are not doing the ministry they used to be doing. They are not giving and loving the way they used to. We size them up with judgment.

Then, we come in for the kill. We are in the redemption business, not the judging business.

There are so many believers today who are walking wounded -

There is no emotional intensive care ward for their spirits. They walk only out of obedience. The spiritually walking wounded keep walking out of obedience and faithfulness, but they are hurting deeply - just praying that someone would care!

Some here today may not know how in the world you have made it this far. You don’t know how you have been able to cope! You don’t know how you have been able to continue to function and provide for your family.

Others of you have been circling around hurting others - having no idea of their situation - not knowing what has made them act the way they act - not knowing what made them say what they said to you - about you - not knowing what has made their countenance change - but they are hurting so bad and you are ready to lash back -

When a person begins to bleed, they know they are bleeding - and they know they are not themselves - but they are so stressed out they can’t bring themselves back to the point they used to be. There are people who know they are at a point where they can’t smile like they used to. And they know that others know it - then they feel worse because they can sense that everyone is looking at them - wondering why they can’t be their old self.

When we can’t love people in the body of Christ, no matter what they are going through - what are we going to do? We can’t expect the boss to understand if he’s not a believer. We can’t expect our co-workers to understand if they are not brothers or sisters. - but when we have been joined together by the blood of Jesus, if we can’t understand and love one another even when they are downcast, what are we going to do?

The Church should be in the stress relieving business, but we’ve messed up - we have put stress on people.

If you see someone struggling - don’t talk about them - talk to them. When you talk about them, you become a shark - circling for the kill. How can you talk about someone when you don’t have any idea what’s going on on the inside? You have to talk to them to find that out - and you have to truly love them in order to win the right for them to open up and share with you.

Our enemy has opened up his weaponry on the Body of Christ. The war is fierce. Many believers have been on the front lines of the battle - they have been engaged - they are weary - Some are wounded and bleeding

Sometimes we think we are accepted by others because of what we are able to do for them. Let me straighten this out:

**Whether or not you are able to do anything, or give anything - you are accepted here!**

We don’t love people here because of their money - their ministry - their service.

Romans 5:8 - But God showed his great love for us by sending Christ to die for us while we were still sinners.

He loved us when we gave Him nothing but a hard time!

You may just be parked here trying to recover. You may be depressed, sad and in the middle of what you feel is the fight of your life. Let me tell you - I love you! Jesus loves you! This church love you!

You are appreciated!

When you get wounded, and you’re in the basement emotionally, and the devil is beating you up over your relationship with God, telling you He’s not there for you - here’s what comes next -

Anger - anger erupts. Resentment begins to spew. You are resentful of the pastor for delivering the Word You’re resentful that he ever told you the promises of God, because you’re in a state where you haven’t seen them work.

You become resentful of the church: Everyone is happy and blessed but me!

God doesn’t care. The pastor doesn’t like me. The Bible doesn’t work. God cares about everybody else.

You are on the bottom. You are in the corner. The devil has you singled out -

1st Corinthians 10:13 - The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.

You re not alone!

**Concl:** In the midst of our battles - God is moving to change lives.

Isaiah 53:5 - But he was pierced for our transgressions;

he was crushed for our iniquities;

upon him was the chastisement that brought us peace,

and with his wounds we are healed.