

## **BREAKING FREE FROM MY PAST**

### **Healing the Wounded Spirit**

"Breaking Free from MY Past".

As I begin this messages I want to ask you a very important question.

#### **Are you tired of being chained to your past?**

- Emotional wounds
- Broken relationships
- Addictions
- Other areas of your life that keep you in bondage
- From being the successful person you would really like to be?

If so, I want you to know that there is hope for you.

- Jesus came to heal the brokenhearted and the oppressed and
- His Spirit is with us today carrying out this important purpose in our lives.

**Luke 4:18** "The Spirit of the LORD is upon Me, (The Holy Spirit from Heaven, Or I Speak by divine appointment)

because He has anointed Me (Set apart for the work of God)

to preach the gospel to the poor. (A Joyful message to all that are destitute of the comforts of this life)

He has sent Me to heal the brokenhearted, (to console those who are "BROKEN" or DEEPLY Distressed by external calamities)

to preach deliverance to the captives (Give liberty to the slave and restore them to freedom)

and recovery of sight to the blind, to set at liberty those who are oppressed... (free them from their personal prison.)

In Luke Jesus is actually quoting from Isaiah 61 - - -

Isaiah was speaking prophetically of the coming Messiah!!!!

**Isaiah 61:1-2** – 1 The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners,

<sup>2</sup> to proclaim the year of the Lord's favor and the day of vengeance of our God, to comfort all who mourn.

**Emotional Wounds** – Is one of the most common reasons that deliverance can fail!

**Demons** seem to keep coming back and Regaining inhabitation within the person!!!!

### **In today's message:**

I would like to begin talking about a subject **that has affected everyone of us** no matter who we are.

I want to talk about **the emotional wounds** that we all receive along life's pathway.

**I say this with confidence**, because I am aware of **the cruel and imperfect world** we must all cope with.

**None of us** are exempt from being **emotionally hurt** from time to time,

- But you need to know that **God desires for you to be healed** of these wounds.

Even King **David had wounds that needed to be healed**.

**Psalm 109:21-22** NIV -

<sup>21</sup> But you, Sovereign Lord, **help me for your name's sake**; out of the goodness of your love, deliver me. <sup>22</sup> For **I am poor** and **needy**, and **my heart is wounded** within me.

David is pleading for God to **live up to HIS name**.....

- **To His character** of **Love and Mercy** - Deliver, Help, Save, and Bless Me!

**For your name's sake** means - "**in accordance with your character**"

- In Your Name, Your Mercy Is good!!!!!!
- My Heart is Wounded, I'm Poor & Needy.....

**No matter who we are...** a businessperson, salesperson, construction worker, blue collar worker, computer whiz, professional person, mother, father, husband or wife –

- **Life can be very cruel and hard**
- Giving us **emotional wounds and scars**
- That affect our lives in a **very negative way**.

**On the outside**, we may look good, but **on the inside** - - -

- Many of us are **hurting** from **Emotional wounds** we've picked up along life's journey.

**Some of you** have already acknowledged and **dealt with your wounds**

- YOU have **received healing** - YOU are **Living successful lives** as a result

**Living past the wounds of life...**

There are some of you that have **accepted your wounds**.....

- Are **coping with life** as best as you can!!!!!!

And then there are those of you who are **barely able to function**

- Because **you have become so injured** as a result.

**Is there hope for you? Can your wounds be healed? I believe the answer is yes!**

## **Society's Indicators -**

**There are many indicators** in our society that reveal to us **how far reaching these wounds have spread.**

The suicide of young people today, **expresses the hopelessness** that is found in many of today's youth.

- Even though they are successful, they lose their **desire for life.**
- "I hate myself and I want to Die." Seems to be the thought process....

**A society that is addicted to everything and anything.**

- **The popularity** of therapists and support groups.
- There are a support groups for everything.
- **The topics** on the many talk shows Dr. Phil, Montel Williams, Maury Povich.
- **The drug** problems (Escape)
- Gang violence (acceptance).

**The reason this is so far reaching is because:**

- **Hurt people, hurt others!!!!!!!!!!!!!!**
- It's an **unbroken chain reaction.**

**If our society's ills are going to be broken,**

- Then we must begin to **break the chains in our own lives!!!!**
- **Stop this endless cycle - - -**
- OF - **hurting and wounding one another!!!!!!!!!!!!!!**

To do this, **we must first identify the cause of the wound** and **how it has affected our lives!!!!!!!!!!**

## **Wounds - Their Causes & Results.**

### **1. The Major Causes of Most Wounds**

- **Emotional wounds** - inflicted by parents, You're No Good, Never amount to anything, worthless, loser, and a mistake.....
- **Physical, mental, verbal - abuse.**
- **Sexual abuse** - Familiar figure coming to you in the night, touching you in ways that are not right.
- **Abandonment** - Through Death, Divorce or Addiction
- **General meanness** in others, (kids can be very mean sometimes)
- **Broken relationships** - Knowing this is the one for you then, being used, family rejection.

- **Major disappointments.** I thought I could count on them, or trust them.
- **Nasty Divorce** - Everyone gets infected.
- **Major moral failure** - adultery, abortion, abandonment...

## 2. Results of Most Wounds

Maybe you are not sure **how affected you have been** by your wounds.

- You may think everything is ok!

### **Exodus 20:5-6** –

<sup>5</sup>**You shall not** bow down to them or worship them; for I, the Lord your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me,

<sup>6</sup> but showing love to a thousand generations of those who love me and keep my commandments.

The Israelites had just come from Egypt, **a land of MANY GODS!!!!**

- **Each god** represented a different aspect of life.....
- It was common to **worship many gods**.....
- In order to get **maximum number** of blessings!!!!

When God told his people to worship HIM, that wasn't impossible.....

- He was just another God!!!!!!

BUT, when He said,

**Exodus 20:3** “You shall have **NO** other gods before me”.....

- It was difficult for the people to accept!!!!!!

**The true and only God** was the one that lead them out of Egypt.....

- If they could not learn this - - -
- **they could not be his people!!!!!!**

Thus God made this his first commandment....

### **Mat. 22:37-38**

**37**“Love the Lord your God with all your heart and with all your soul and with all your mind.”<sup>38</sup> *This is the first and greatest commandment.*

Today we can allow **many things** to become god's to us!!!!!!

Letting GOD hold the **central place** in our lives.....

- **Keeps these things from turning into gods!!!!!!**

## Here are some indicators as to how you may be affected

### **Wounded people hurt others.**

- Anger, bitterness, hate & violence.
- Repeating the things that happened to you. (Generational Curses)
- Shame, guilt & unworthiness.

### **Self condemnation.**

- No Confidence - low self esteem.
- Lonely and withdrawn - very few friends.
- Unable to respond to others properly.
- Eating disorders.
- Afraid to show love.
- Suicidal tendencies.

### **Unfortunately, The person we have become**

- Has been **shaped by these wounds** and their results.
- The wounds have **produced major strongholds** in our lives
- That render us **ineffective and unproductive**.

### **This is why many people are unhappy.....**

- With the way their lives are turning out.
- They have **failed to deal with** these important issues

### **As a result they are impaired,**

- From having a life filled with God's riches and abundance.

### **As individuals it is important for us to break free**

- From the bondage of the past
- **If** we are to be successful
- In the present and the future.

### **Your life doesn't have to remain as it is.**

- Too often the bondage of the past
- impairs us to the present and the future.
- **We are looking through the present and future** through the glasses of the past.

### **The question today is, Is there hope for you? Can your wounds be healed?**

**The answer is yes!!!!!!!!!!!!!!**

Jesus said... **John 10:10** "The thief does not come except to steal, and to kill, and to destroy.

**I have come that they may have life, and that they may have it more abundantly**".

All of the above causes and results are from the hand of the enemy.

- He has continually **sown corruption**
- **Into the lives** of precious individuals everywhere.
- **We have all been affected** in one degree or another.

## **How Does Healing Come?**

### **Clearing the Clutter of the Past**

- 1. We Must believe that Jesus really wants and desires to heal us.**

**Mark 2:17** - On hearing this, Jesus said to them, "**It is not the healthy who need a doctor, but the sick**. I have not come to call the righteous, **but sinners**."

- 2. We must come out of denial & openly acknowledge & confess our wound.**

**Psalms 62:5-8** - Yes, my soul, find rest in God; my hope comes from him.

<sup>6</sup> Truly he is my rock and my salvation; he is my fortress, I will not be shaken.

<sup>7</sup> My salvation and my honor depend on God; he is my mighty rock, my refuge. <sup>8</sup> **Trust in him at all times**, you people; pour out your hearts to him, for God is our refuge.

- 3. We must have the courage to face the pain and the ugliness of the wound!!!!**

- 4. We must deal with the root and not just the symptom** - Amos 2:9.(The Root)

- 5. We must forgive and let go** - Colossians 3:12-15. Let the Peace of God rule in our heart

- 6. We must love our enemies** –

**Matthew 5:44** - But I tell you, love your enemies and pray for those who persecute you,

- 7. We must find a safe environment to take off our mask** –

**James 5:16** - 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.

- 8. We must take comfort and strength in God's word** –

**Psalms 119:50** - My comfort in my suffering is this: **Your promise preserves my life**.

9. **We must engage in Spiritual warfare** - Ephesians 6:10-14.

10. We must **repent** in areas where our own sin has caused the damage –

Acts 3:19 - Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord,

### **CLOSE:**

**Hebrews 12:1-2** - <sup>1</sup>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, <sup>2</sup>**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.

This “great cloud of witnesses” –

- Is composed of the people described in Chapter 11 - - - **The Faith Chapter**

Their faithfulness is a constant encouragement to us.....

- **We do not struggle alone...**
- **We are not the first to struggle** with the problems that we face....
- **Others have ran the race and WON.....**
- Their witness stirs us to run and win also!!!!!!

**Long Distance Runners** – Work hard to build **endurance & Strength!!!!!!**

- Their clothes are light & their bodies lean....

To run the race God has set before us...

- We also must **strip of excess weight** that slows us down...

### **How can we do that??????????**

1.) **Choose friends who are committed to the race.....**

- Make wise choices!!!!!!

2.) **Drop certain activities.....**

- At this time they may be extra weight.....
- Try dropping them for a while!!!!!!

3.) **Get help for addictions that disable you.....**

- If you have a secret “weight” such as
- Pornography, gambling, alcohol, drugs
- Admit your need and get help today!!!!!!

