

Breaking Free to Soar

He is near to the brokenhearted and saves the crushed in spirit Psalm 34:18b ESV

What is Biblical Inner Healing?

Inner healing is being honest with yourself about your feelings and personal experiences and then taking those things to God, seeking His answers and healing. Sometimes we can arrive at this place of inner healing and freedom on our own through studying God's Word and listening to His voice.

It is important to recognize and address our issues, but dwelling on them to excess can cause further mental and emotional harm rather than lead to healing. God does not emphasize our past—He emphasizes our present and the coming future He has for us (Romans 6:4). He helps us to heal from our pasts so that we can move forward in freedom in Him.

How can I know if I need Inner Healing?

- 1. We have fresh feelings whenever we think about people or events that occurred a long time in the past.**
- 2. When we have a strong overreaction to something.**
- 3. When we keep encountering similar negative situations or events in our lives.**

For example: If I was left out of something at work, church, or friends, I get angry and can't stop thinking about it. My emotions and feelings are out of balance because of it.

Things you Can Right do Now!

- 1. Meditate on God's Word, the Bible. God's instructions are "life to those who find them and health to one's whole body" (Proverbs 4:22).**
- 2. See yourself as God sees you: loved (Romans 5:8); gifted (2 Timothy 1:7); set free (John 8:36).**
- 3. Confess any known sin to God. Then take God at His word: "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).**
- 4. Forgive those who have hurt you. This is important. "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you" (Ephesians 4:32). Be cautious of any root of bitterness in the soul.**

Sheila Arrington Ministries
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