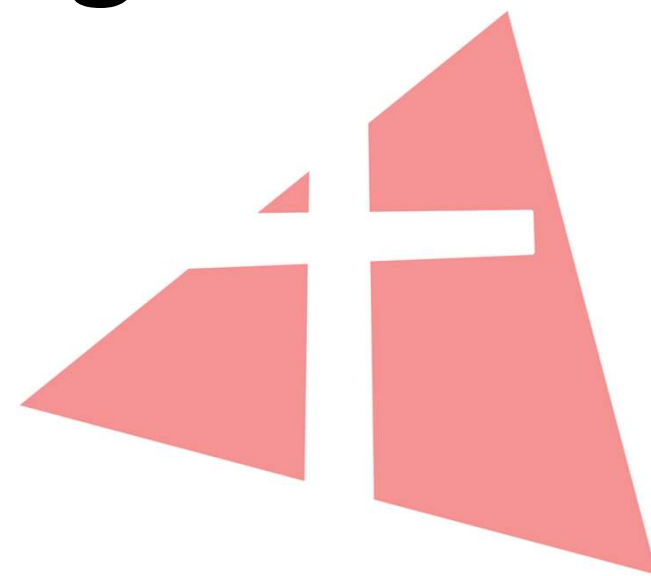


# **Our Childhood: Receiving Healing**

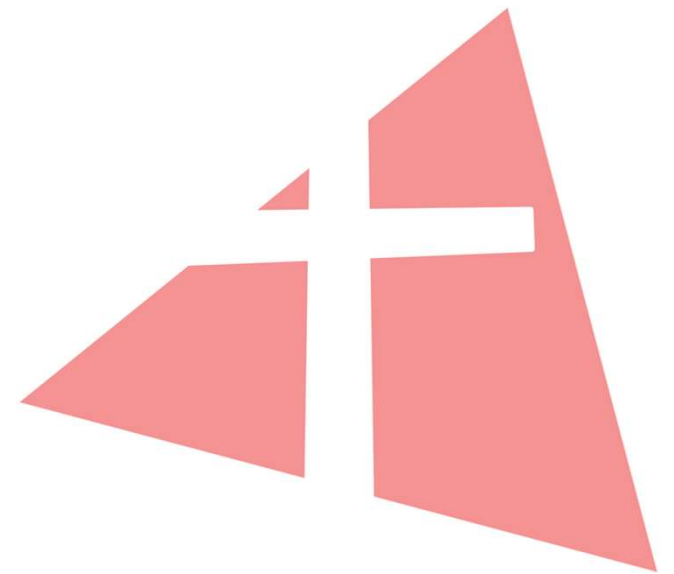
**March 28<sup>th</sup> 2021**



# Last two weeks

- Our childhood

*Wounds that haven't healed we pass on*



# Today's focus

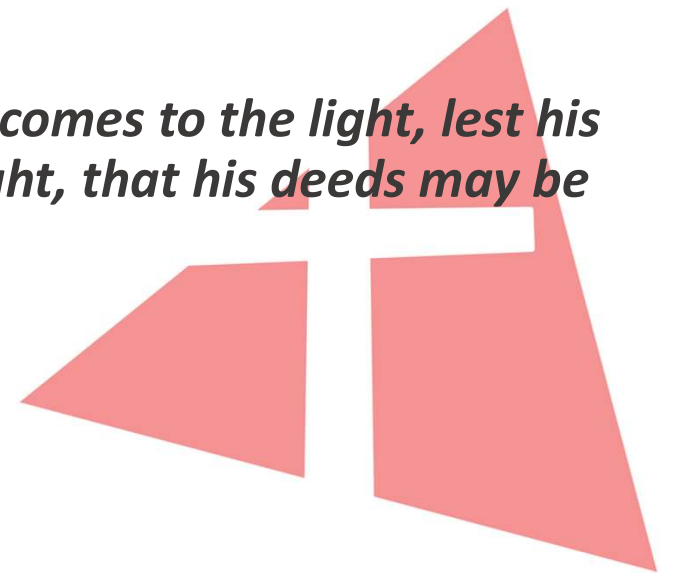
- **Receiving healing**



# Steps to take

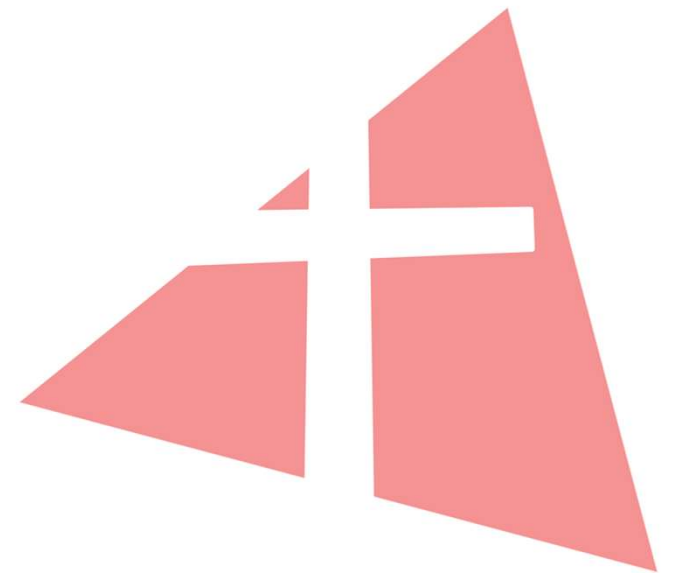
- Be honest

*John 3:20-21 For everyone that does evil hates the light, neither comes to the light, lest his deeds should be exposed. But he that does truth comes to the light, that his deeds may be made manifest, that they are worked in God.*



# Steps to take

- **Be specific**



# Steps to take

- **Examine yourself**

*Psalm 139:23-24 Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.*



# Steps to take

- Ask God to give us what our parents didn't give us

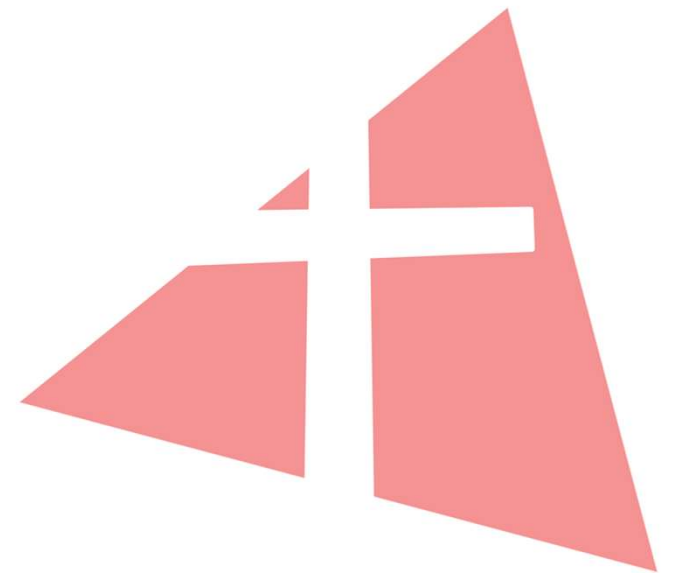
*Matthew 6:9 After this manner therefore pray: Our Father who is in heaven, hallowed be your name.*

*Matthew 6:11 Give us this day our daily bread.*



# Steps to take

- Deal with the issue, not the symptom



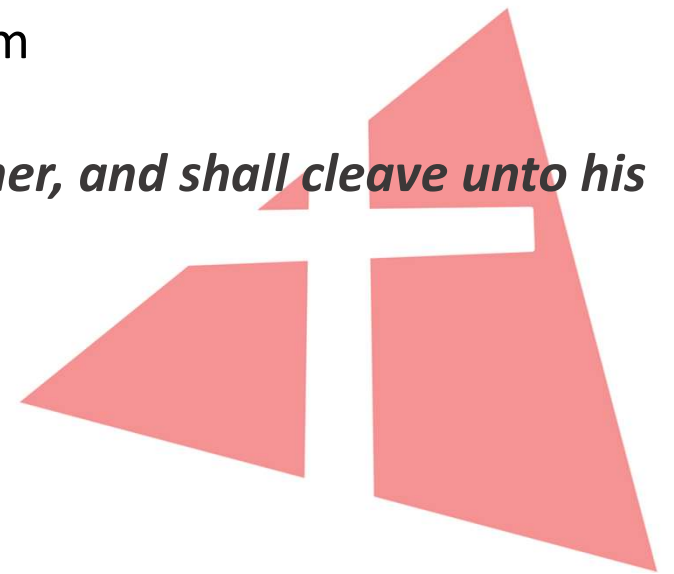


# Steps to take

- **Set boundaries**

- Honoring father and mother is not the same as obeying them

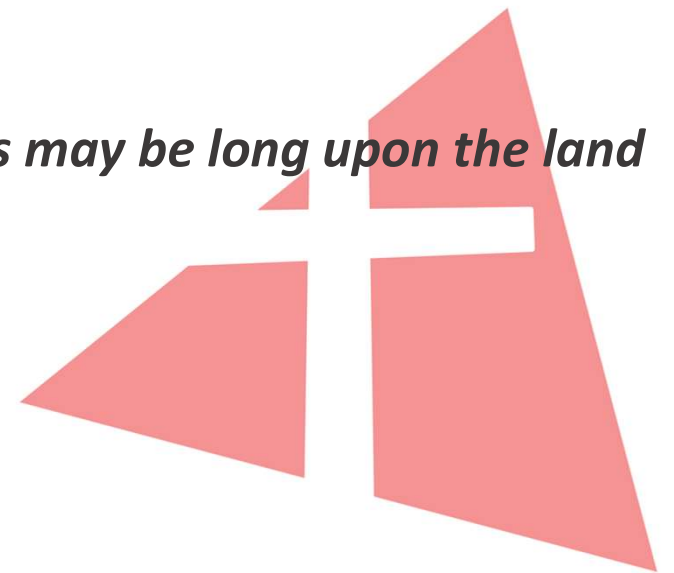
*Genesis 2:24 Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh.*



# Steps to take

- What about “honoring parents”?

*Exodus 20:12 Honor your father and your mother: that your days may be long upon the land which the LORD your God gives you.*



# Steps to take

- Allow pain to surface

*Ecclesiastes 3:1 To every thing there is a season, and a time to every purpose under the heaven:*

...

*Ecclesiastes 3:4 A time to weep, and a time to laugh; a time to mourn, and a time to dance;*

...

*Ecclesiastes 3:8 A time to love, and a time to hate; a time of war, and a time of peace.*

# Steps to take

- Choose to forgive

*Matthew 6:14-15 For if you forgive men their trespasses, your heavenly Father will also forgive you: But if you forgive not men their trespasses, neither will your Father forgive your trespasses.*



# Steps to take

- **Find another Christian to talk to**

- Within Aletheia
- Another Christian
- A Christian counselor
- ...

*James 5:16 Confess your faults one to another, and pray one for another, that you may be healed. The effectual fervent prayer of a righteous man avails much.*



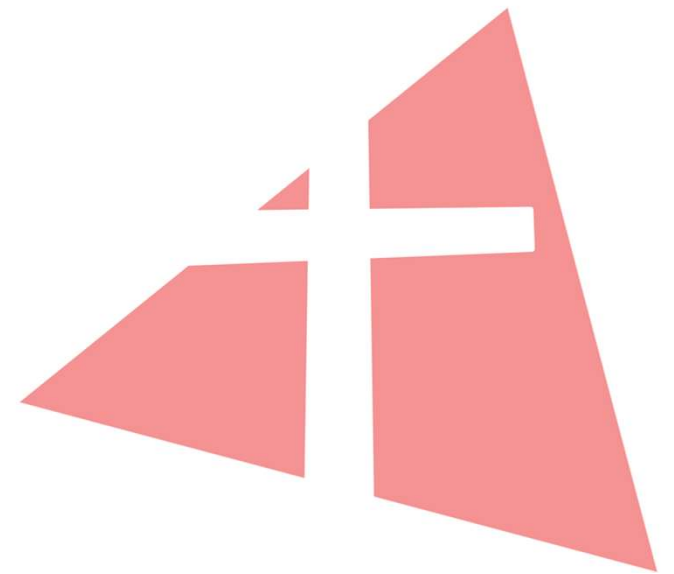
# Steps to take

- **First and foremost, it's about us and God**
  - Dealing with our parents can only happen AFTER we received our healing



# Final Step

- **Be patient**



# In Conclusion

- **God offers healing to all of us**
- **But healing isn't automatic**
  - God wants us to cooperate

