



Healing Of The Heart
Text: Ephesians 3:15-20 (NLT)

Four Truths:

1. **The Holy Spirit will EMPOWER YOU with His INNER STRENGTH.** Psalm 27:1, Psalm 138:3
 - When you feel weak to resist temptation, when you feel down or discouraged, stop and look within!
 - Be more conscious of the inner life where the Holy Spirit dwells.
2. **It's God's desire that you UNDERSTAND His extravagant love for you.** Psalm 73:23, John 10:10
 - God wants you to EXPERIENCE His extravagant love.
 - We should be ROOTED and SECURE in God's love.
 - When you know Jesus, you can be SECURE in His UNCONDITIONAL love.
 - You might need to let go of some things IN ORDER to make room for the love that God DESIRES to pour into you.
 - You are GOD's CHILD and He WILL NEVER FORSAKE or ABANDON you.
 - You MAY need to LET GO of wrong thinking or THE LIES you have believed about God.
3. **God wants you to LIVE LIFE FULLY!**
 - God doesn't want you just coping, barely getting by, or feeling less than.
4. **God wants TO DO a DEEP, but GENTLE work within you.** Matthew 11:28-30
 - If you find yourself weary or burdened, God is inviting you to approach Him for rest and refreshment.
 - Allow God to uproot the hurts, the anger, the pain.
 - Let Him reveal why you are frustrated and irritated in your life.

Questions That Can Lead To Healing:

1. **Have you believed any lies about God?**
 - God is mad at you. God does not love you—or He does not love a part of you. God is the cause of your hurt or trauma.
2. **Have you believed a lie that someone else has spoken over you? Are you telling yourself lies?**
 - You will never succeed in anything. You are not... You will never...
 - Are you critical of yourself—putting yourself down?
3. **Do you have wounds from the past that still hurt you?** Luke 4:18-19
 - Why are you angry? Why are you hurting? What is the root cause? Do you feel betrayed, rejected, or abandoned?

Notes: _____

