

Freedom from Hurt

1. Start with 3 Important Truths:

- **God Loves You and wants to bless you.**
- **God has the power to heal you and give you the fullest life.**
- **God's Wisdom is our only path to true peace.**

2. Freedom from Hurts Always starts with Truth.

You will know the truth, and the truth will set you free.

John 8:32(NIV)

3. Fully Accept and Freely Offer Forgiveness.

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

Colossians 3:13(NIV)

4. Trust the Holy Spirit more than your own wisdom and willpower.

Not by might nor by power, but by my Spirit, says the LORD Almighty

Zechariah 4:6(NIV)

How foolish can you be? After starting your new lives In the Spirit, why are you now trying to become perfect by your own human effort?

Galatians 3:3(NLT)

5. Surround yourself with healthy people.

You are better having a friend that to be all alone...If you fall, your friend can help you up. But if you fall without having a friend nearby, you are really in trouble.

Ecclesiastes 4:9-10(CEV)

6. The Fullest Freedom comes from sharing our hurt.

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort. He comforts us when we are in trouble, so that we can share that same comfort with others in trouble.

2 Corinthians 1:3-4(NIV)

Freedom FROM Hurt - Freedom TO Bless