

HOW HEALING HAPPENS

*He heals the brokenhearted and binds up their wounds.
- Psalm 147:3*

I. JESUS IS WILLING TO HEAL YOUR HURTS

Mark 1:40-42

II. THE 5-STEP HEALING PROCESS

Step 1: Face the Facts

Isaiah 51:1, Psalm 51:6

Step 2: Feel the Feelings

Eccl. 3:4, 7:2a

Step 3: Find Friends

Matthew 26:38, 2 Corinth. 1:3-4, 7:6

Step 4: Forgive

Ephesians 4:32

Step 5: Move Forward

Jeremiah 7:23b - 24

III. ARE YOU WILLING?

John 5:1-9