

**PAST WOUNDS**

Mike Howerton - Lead Pastor

*The temptations in your life are no different from what others experience.*  
**1 Corinthians 10:13a NLT**

**1. \_\_\_\_\_ wound/\_\_\_\_\_ wound**

*One day he asked the woman, "Did God really say you must not..."*  
**Genesis 3:1b NLT**

**2. \_\_\_\_\_ wound**

- \_\_\_\_\_

*Why am I discouraged? Why is my heart so sad? I will put my hope in God!! I will praise him again—my Savior and my God!* **Psalm 42:5,11, Psalm 43:5 NLT**

- \_\_\_\_\_

*Don't sin by letting anger control you. Think about it overnight and remain silent.* **Psalm 4:4 NLT**

*...don't get worked up into a rage so easily, my brothers and sisters. Human anger is a futile exercise that will never produce God's kind of justice in this world.* **James 1:19b,20 TVB**

*The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.*  
**1 Corinthians 10:13 NLT**

# The bullseye for dealing with past wounds:

- \_\_\_\_\_

1. \_\_\_\_\_ the wound(s)

2. Begin to walk the \_\_\_\_\_

*Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. Ephesians 4:32 NLT*

*Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Colossians 3:13 NLT*

3. Talk to a \_\_\_\_\_ source

*Confess your sins to each other and pray for each other so that you may be healed. James 5:16a NLT*

4. ask Jesus to bring his \_\_\_\_\_  
into your brokenness