

WHEN THE PAST WON'T LET GO

Matthew 11:28

HOW TO HEAL A HIDDEN WOUND

1. Begin by **crying** out to God. (Psalm 27:1) “The Lord is my light and my salvation—so why should I be afraid?” God knows the cry of your heart. Your problems are not mysteries to Him. Trust God to answer your prayers.
2. Begin by making a **choice**. (Isaiah 26:3) Let go of the past so that God can open the door to your future.
3. Begin by **giving** your **life** away. (2 Cor. 1:4) “Comfort, comfort my people, says your God” (Isaiah 40:1)
4. Begin by **forgiving** those who have hurt you. (Col. 3:13) Forgiveness is not a feeling; it is a commitment. It is a choice to show mercy, not to hold the offense up against the offender. Forgiveness is an expression of love.
5. Begin to **cultivate** a deeper walk with God. (Micah 6:8) “He has told you, O man, what is good and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God.”