

# You Don't Have to be Broken!

John 3:16 – God is moved by your need.

Exodus 3:7-9 – God sees, hears, and is moved by your need.

Isaiah 63:9 – The Father, because of his love for you, feels your pain & is moved to deliver you.

Matthew 9:36-38 –

- Jesus clearly sees where we have been harassed and thrown down by predators.
- He has com – passion. That is, with – deep feeling. With us he deeply feels our wounds and defeat.
- Workers in the harvest have to know how to bring healing and deliverance.

Exodus 15:22-27 –

- The Father is working to open up any bitterness in you that needs to be healed.
- The first revelation God gave of himself was as the Healer of his people.
- Healing is guaranteed through what Jesus did on the cross.
- Sickness, disease, and wounding does not belong to God's children.

Isaiah 61:1 – Jesus sent by the Father to heal and set free.

Mark 4:35 – 5:15 –

- Jesus was seeking the tormented man. God loved the man and Jesus was after him.
- Jesus “marched” through the devil's storm to get to the man.

Matthew 15:4,5 – Jesus goes after the lamb that is lost and not under his care with the flock.

## Healing and Deliverance from Trauma

Matthew 9:36 –

- Jesus saw the people as sheep without a shepherd.
- They didn't know how to know Jesus as their own personal shepherd to guide, heal, and deliver them.
- They were vulnerable to attack by predators (wolves, lions, bears), disease, and harassing insects.
- They carried in their bodies and in their memories the wounds, diseases, pain, etc.

Trauma can wound you and leave you changed and marked.

### **Things That Have Happened to You -**

What are the worse things that have happened to you? Abandoned. Not wanted. Abused. Betrayed. Lied about. Made fun of. Humiliated. Cursed. Slapped. Beaten. Molested. Left to yourself. Exposed. Not understood. Overlooked. Not cared for. Needs not met. Robbed. Failure. Divorce. Lost job. Moved and lost friends. Someone close died. Someone close disabled. Terrified. Chased.



## Prayer of Release and Healing –

1. Circle the things that you think had the biggest effect on you. You will pray through those things first. Then you will cover the remaining things on your lists.
2. Listen to the declaration of freedom from slavery of guilt and shame through the blood of Jesus. The blood of Jesus has purchased and redeemed you out of the slave market of guilt and shame.
3. Picture Jesus immediately before you. Picture his eyes as pure love. He is waiting for you to hand over to him the traumatic things you have experienced.
4. First, tell Jesus the things you have circled. Take these things from your heart, hold them in your hands, and then reach out and put them in the hands of Jesus.
5. Next, forgive anyone you need to forgive. Give them the free gift of your forgiveness. Picture each person you forgive and say to them, “I release you.”
6. Now, say, “In Jesus name I break the power of these traumatic things over my spirit, soul, body, and life. I renounce the spirit of trauma and the spirits associated with these events. I command, in Jesus name, for these spirits to leave me.
7. Pray, “Father, release Your power in me.”
8. Now, the leader will pray for you as the Spirit leads him.