



TEACHING OUTLINE

2010: A Year of Healing

emotional • spiritual • physical • social
1 Peter 5:6-11



I. Introduction

The first level of the 2010 Year of Healing is to _____.

God is going to _____ us up where we've been _____ and _____.

God is bringing _____ healing.

To "restore" means:

- 1) _____; 2) _____
- 3) _____; 4) _____
- 5) _____

II. What Type of Walls Are You Building?

Nehemiah was given the task of _____ in Jerusalem.

The problem was that the Jews would be returning to _____ instead of a city _____.

Nehemiah and his builders faced much _____.

There are _____ types of walls:

- 1. _____
- 2. _____

Proverbs 4:23- Keep your heart with all diligence, For out of it spring the issues of life.

A lot of time we are afraid to face the hurt and the pain because we don't think we are _____ to survive the _____. But, God is our strength in times of weakness.

2 Corinthians 12:9 And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.

III. Clean it Up

Nehemiah 2:17: Then I said to them, "You see the distress that we are in, how Jerusalem lies waste, and its gates are burned with fire. Come and let us build the wall of Jerusalem, that we may no longer be a reproach."

A "reproach" means:

- 1) _____; 2) _____; 3) _____

Steps to Receive Emotional Healing

- The **first** step is to _____ the need for healing. For us to receive the healing of emotional wounds, we must first acknowledge that we are hurting (Matthew 9:10-13, 1 Peter 5:7)
- The **second** step is to _____ the cause of the pain. This is the work of the Holy Spirit (Psalm 139:23-24).
- The **third** step is to _____ the wound. (Psalm 51:10) For cleansing to occur;
 - (1) we must forgive those who have hurt us,
 - (2) ask God for to forgive and cleanse us (1 John 1:9) for our unforgiveness.
- The **fourth** step is to _____ of the hurt. (1 John 3:22)
- The **fifth** step is to _____ the weak area.
 - (1) We need to see that God had a purpose in allowing us to be wounded (Genesis. 50:20).
 - (2) We need to see that God can work all things together for our good (Romans 8:28).
 - (3) We need to come to rejoice in the Lord over the experience (Philippians 4:4).
 - (4) We need to develop and share our testimony with others (Revelation 12:11).