



# Heart Wounds

BARRIERS TO INTIMACY WITH GOD

# Barriers to Intimacy

- ▶ Unforgiveness
- ▶ Mistaken Identity
- ▶ **Heart Wounds**
- ▶ Cherished Sin
- ▶ Fears and Anxiety

# Heart Wounds

The pain or grief we experience has the potential to shape us and impact our intimacy with God.

How do we deal with pain, or hurts, when they come?

How do we deal with the wounds from past pain/hurts?

# Psalm 13 – A Lament

<sup>1</sup> How long, O LORD? Will you forget me forever? How long will you hide your face from me? <sup>2</sup> How long must I take counsel in my soul and have sorrow in my heart all the day? How long shall my enemy be exalted over me? <sup>3</sup> Consider and answer me, O LORD my God; light up my eyes, lest I sleep the sleep of death,

# Psalm 13 – A Lament

<sup>4</sup> lest my enemy say, “I have prevailed over him,” lest my foes rejoice because I am shaken. <sup>5</sup> But I have trusted in your steadfast love; my heart shall rejoice in your salvation. <sup>6</sup> I will sing to the LORD, because he has dealt bountifully with me.

# How Long O Lord?

<sup>1</sup> How long, O LORD? Will you forget me forever? How long will you hide your face from me?

God wants us to be honest about our struggles and our pain.

# I Have Trusted in Your Steadfast Love

<sup>5</sup> But I have trusted in your steadfast love;  
my heart shall rejoice in your salvation.

David chooses to trust God in the midst of  
his pain.

# Four Choices

- ▶ We can “push Him away”
- ▶ We can “nurse our pain”  
*Our pain becomes our focus and it begins to define us.*
- ▶ We try to hide our pain.
- ▶ We can Invite Him into our pain and Choose to Trust.



# God is Near

Psalm 23:4 Even though I walk through the valley of the shadow of death, I will fear no evil, for **you are with me**; your rod and your staff, **they comfort me**.

Psalm 34:18 The LORD is near to the brokenhearted and saves the crushed in spirit.

# God Understands

Isa 53:3 He was despised and rejected by men; a man of sorrows, and acquainted with grief; and as one from whom men hide their faces he was despised, and we esteemed him not.

# God Offers Healing

Isa 53:4-5 <sup>4</sup> Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted. <sup>5</sup> But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed.

# God Offers Hope

Rev 21:3-4 <sup>3</sup> And I heard a loud voice from the throne saying, "Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. <sup>4</sup> He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away."

# What will you choose?

- ▶ *We can “push Him away”*
- ▶ *We can “nurse our pain”*
- ▶ *We try to hide our pain.*
- ▶ We can Invite Him into our pain and Choose to Trust.
  - ▶ Trust Him to Lead
  - ▶ Trust Him to Heal