

An underwater photograph showing the surface of the water with ripples and light filtering through. The water is a deep teal color, and the surface is visible at the top of the frame.

# GOING DEEPER

HEALING FOR THE WOUNDED

# TWO WAYS WE ARE WOUNDED

Injury: things are done to us that cause hurt.

Deprivation: certain foundational needs in our lives are not met.

security   trust   love   intimacy   affirmation

## ISAIAH 53:3-5

Isaiah 53:3–5 <sup>3</sup> 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. <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**.



# WHERE IS GOD IN OUR PAIN?

Psalm 34:17–19 <sup>17</sup> When the righteous cry for help, the Lord hears and delivers them out of all their troubles. <sup>18</sup> The Lord is near to the brokenhearted and saves the crushed in spirit. <sup>19</sup> Many are the afflictions of the righteous, but the Lord delivers him out of them all.

Psalm 23:4 <sup>4</sup> 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.

# WEEKLY CHALLENGE

**Discover:** What pains or wounds have you experienced? What injuries have you received? What needs were unmet in your life?

**Seek His Presence:** As you quiet yourself before God, ask Him to bring to your mind a key memory relating to your wound. Then ask God to reveal where He was in that moment. God will often bring images to your mind that can bring significant healing in our lives. Ask for God to heal the hurts in your life and to help you grow deeper in your relationship with Him.

**Community:** Consider talking to your Life Impact Group, a close Christian friend, or your pastor about the wounds you carry. Begin the work of finding healing. It's worth the effort!