

HEALING OF MEMORIES

SONGS: FEAR NOT

ISAIAH 43:1-8

WHAT IS THE EVENT OR PERSON WHOM TONIGHT YOU FEEL HURT BY
THE HURT IS TILL ALIVE REVISITED WITH INTENSITY- OVERPOWERING FEELINGS

SUPPRESSION CAN LEAD TO REPRESSION-> RESENTMENT
ANGER-> FEAR-> GUILT & SHAME, LONELINESS, INSECURITY

PROCESS OF HEALING

- 1-WRITE DESCRIBING: THE SPECIFIC EVENT- THE TIME, LOCATION & YOUR
FEELING & WHO IS THE PERSON(S) ACTIVELY & PASSIVELY INVOLVED
- 2- FEELINGS WRITTEN SHARED
- 3- FORGIVENESS OF OTHERS & SELF
- 4- CHANGING ATTITUDES & MORE HONESTY RE: REPRESSED FEELINGS
- 5- FAITH IN GOD'S LOVE & SEEING YOU & YOUR PAST THE WAY GOD DOES

READINGS

Isaiah 49:8-16

54:5-16

LUKE 7:36-50

JOHN 15: 7-11

ROMANS 8: 14-17, 28.

1JOHN 4:7-21