

LINDA BARRICK

Beauty
Marks

HEALING YOUR WOUNDED HEART

STUDY GUIDE

I'm excited for you to live out the healing journey and incorporate new practices into your everyday life. Grab a journal so you can write notes as God reveals truths to your heart. You can work through this study guide alone in your quiet time with God, but I would encourage you to meet weekly with a friend or small group so you have women you trust covering you in prayer and providing accountability. Some groups meet in person, while others use FaceTime or have private Facebook groups to discuss the study-guide questions with their girlfriends across the country.

Completing the weekly homework, called "Healing Steps," is imperative for making yourself available to God's transforming touch.

Everything you share with one another during your small-group time needs to be kept confidential. And when you share, please don't give the names of people who hurt you or share specific details. For example, you could refer to a friend or close relative but not share the person's name. Or you could say, "I was sexually abused as a child by someone I trusted." You can share your experience and how the wound affected you, but it's wise to save the intimate details for your private time with God.

It's also very important to talk about your wounds in *past tense* instead of present tense when you are able. For example, I was a

victim in the past, but I am no longer a victim. God is healing me, and I am hopeful for the future.

Pray and ask God to guide you. He is the almighty healer and the lover of your soul. He already knows everything about you. He will carry you one step at a time.

I'm praying for you. God, who is waiting to receive you, wants to transform the wounded places of your heart into beauty marks of purpose.

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IDENTIFY YOUR WOUNDS AND BEGIN HEALING

Read chapter 1: The Physician No Insurance Company Can Deny

We all have scars and wounds. Some are physical, while others are emotional, hidden inside our hearts. Maybe you came to Jesus and wonder why you still struggle every day. Chapter 1 explains how we are complex creations beautifully made in God's image with a body, soul, and spirit. Whether your wounds happened last week or fifteen years ago, healing is possible! God will help you untangle the mess as you discover the places where you're wounded and apply the healing balm of God's Word.

Here are some definitions that will help you:

Wound: Hurt I experienced

Scar: Evidence I was wounded

Beauty mark: A wound that has been transformed into purpose and evidence that God is redeeming what I've suffered

LET'S TALK

1. Do you have any physical scars on your body? Are you proud of your scars, or do you prefer to cover them up? If you feel comfortable, share your reasons.
2. Why do you think Jesus chose to keep His scars? What does it mean to you and your story that the Creator of the universe has scars?
3. Have you ever felt that the church or God overpromised and underdelivered? Or have you ever felt that God's way has worked for everyone but you? Tell about your experience.

We can look around our church and wonder why everyone has it together but us. We ask, "Why am I still angry and doubting God? Why do I want to give up?" In my journey, knowing that I have a body, soul, and spirit helps me understand why I still struggle. The truth is that many people in church are struggling in the same way we are. Satan wants us to believe we are the only ones.

If you're a new Christ follower, your spirit is alive for the first time. But it may feel as if a battle is raging in your mind and body over your daily choices. We still have our old ways of thinking. Our souls have spent a lifetime gathering beliefs, attitudes, and memories. Perhaps we've even accepted falsehood because it sounded

good. Though God sees us as blameless, whole, and redeemed in Christ, our history of brokenness takes time to undo.

Here is a chart to simplify the differences between our bodies, souls, and spirits:

Body	Soul	Spirit
Physiological	Psychological	Spiritual
Sense awareness	Self-awareness	God awareness
Sight, hearing, smell, taste, touch	Mind, will, emotions	Conscience, faith, worship, dwelling place of the Holy Spirit

Body. The body is the physical outer shell God formed out of dust. Our bodies use five senses to relay information from our environment to our brains.

Soul. The soul is the psychological component that includes our minds, wills, and emotions. Our souls allow us to be self-aware and relate to others. The soul is where we struggle with emotional wounds and need Jesus to mend us.

Spirit. The spirit is our inner God awareness that was dead in sin but came to life when the Holy Spirit entered our hearts at the point of salvation. It's what separates humans from the animal kingdom and enables us to commune with God through worship and faith. When the spirit becomes alive in Christ, it enables the soul to be reconciled to God so that soul and spirit will one day be united in a resurrected, glorified body.

READ GOD'S WORD

1. Jesus is our greatest example. Read Matthew 26:37–41 in the New Living Translation. If you don't own a copy, you can find this version at www.biblegateway.com. What did Jesus do when His body and soul were weak?
2. Write out 1 Thessalonians 5:23. How might understanding that you have a body, soul, and spirit help you with your healing journey? How might your spirit be whole and your body or soul be broken? Have you ever experienced this?

PRAYER

Take a moment to write this prayer to God in your journal:

God, will You bring to my attention any wounds from my past or present that You are ready to start healing? Please protect my heart and mind with the power of Your Holy Spirit as You guide me with Your gentle hand. Fill every broken place in my heart with Your truth. I trust You to heal me. In Jesus's name. Amen.

REFLECTION

1. Are you aware of the soul wounds you've endured in the past? Are you currently walking through a painful season of life? In what areas of your life do you recognize the need for God's healing?

2. Do you currently experience any of the ten symptoms of being wounded that were discussed in chapter 1 (also listed below)? Which ones? Take time to evaluate who or what caused them. Write the thoughts God brings to mind in your journal.

You might be wounded if ...

- You avoid specific places.
- You avoid certain people.
- You have made a silent inner vow.
- You suffer from emotional triggers.
- You engage in addictive behaviors or have an unhealthy attachment.
- You wound others.
- You experience ongoing, unresolved grief.
- Your thoughts bully you. You feel unworthy, unloved, useless, or disqualified.
- You have a secret you've never told anyone.
- You struggle to verbalize your hurt.

HEALING STEPS

1. If you have any symptoms of being wounded, tell someone you trust—a friend, counselor, family member, or spiritual leader—who could pray for you and walk with you toward healing. If you don't have anyone to tell, start by telling Jesus. Remember, He has scars like you.

2. Healing is possible. Write out this verse on a sticky note, post it where you can see it, and declare it aloud daily for the next six weeks: “I will restore you to health and heal your wounds,” declares the LORD” (Jer. 30:17).

3. Here are some more healing verses to write out in your journal and claim out loud: Psalm 34:18; 103:2–4; 147:3; 1 Peter 2:24.

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Study Guide: Week 2

ASK GOD WHY AND CHOOSE FORGIVENESS

Read Chapter 2: The Great Cover-Up

Read Chapter 3: Dear Grant ...

The first step in the healing process is to open up your wound and ask God why. Jesus gives you permission to ask God why because that's what He did on the cross. He isn't afraid of your hard questions.

Once your wound is open, consider forgiving the person who hurt you. Bitterness spreads. It's a cancer of the soul that tortures you, not the other person. God commands you to forgive for your own physical and emotional health. He wants you to be free.

LET'S TALK

1. Our imperfect parents influence our view of God. What is your view of God? How did your parents affect the image of God you hold in your heart? Do you feel the freedom to approach God and ask why?

2. If you're a parent, or think you might be a parent someday, how do you think the way you're dealing with your past wounds is affecting, or may one day affect, your children? Do you think your current behavior and choices are passing on hope and healing or pain and dysfunction to the next generation?

3. Share at least one thing you learned about forgiveness in chapter 3 that surprised you. What did you discover that forgiveness is *not*?

READ GOD'S WORD

1. Peter, a disciple of Jesus, came to Him asking the question, "How many times do I need to forgive?" Jesus responded with a visual story that's been dubbed the parable of the unmerciful servant. Read Matthew 18:21–35 before answering the following questions.

- Have you ever acted like the unmerciful servant? (I have!) Why do you think Jesus gives you permission to ask God why but doesn't give you permission to withhold forgiveness from those who have wronged you?
- According to this parable and Jesus's example on the cross, how often and when are we supposed to forgive?
- Why is forgiveness so important to your healing? How do you torture yourself over and over by not forgiving?

- Why is it so hard to forgive? Who is the source of forgiveness?

2. When you confess your sins, God forgives you completely. Your debt is marked “paid in full.” Write out Proverbs 28:13 and 1 John 1:9 in your journal and thank God for His amazing grace!

3. Once you receive God’s forgiveness, He commands you to forgive others. God isn’t a bully. He wants what is best for you. When you don’t forgive, it hinders your prayers and intimacy with God. Read and reflect on Mark 11:25 and Luke 6:37.

PRAYER

1. Maybe you’ve been blaming God or condemning yourself for something that happened to you. Would you be willing to forgive yourself today and accept God’s grace? Write a prayer to God in your journal, confessing your sins and thanking Him for His forgiveness and full redemption. Psalm 66:18 says, “If I had cherished sin in my heart, the Lord would not have listened.” Because unconfessed sin can block your prayers, ask the Holy Spirit to bring to light anything hidden that you need to confess.

2. Isaiah 53:5 declares, “By his wounds we are healed.” The words Jesus spoke aloud on the cross have healing power in them. Try praying the things Jesus prayed from the cross out loud right now: *“My God, my God, why have You forsaken me? Father, forgive _____, for _____ doesn’t know what he/she is doing.”* Ask God

to show you whose name needs to go in those blanks. Every time that person hurts or offends you, pray these words as quickly as you possibly can. This is how you heal your heart from past wounds and protect it from future wounds. Try praying these words again until you mean them. Rely on the forgiveness your heavenly Father has given you.

REFLECTION

1. Take as long as you need to write down all the names of the people you need to forgive for your own freedom.
2. Because Satan has a counterfeit plan for your life, ask God to show you the lies you've been believing as a result of your wounds. Make a list so you can see the lies and renounce them.
3. The next time you feel unworthy or unforgiven, try saying aloud, "Satan, you are a liar! I have been forgiven for _____. I was washed clean by the blood of Jesus. I choose to believe 1 John 1:7, which declares that 'the blood of Jesus, [God's] Son, purifies us from all sin.'"

HEALING STEPS

Open Your Wound

If you've never opened your wound to God's healing power, try one of the five methods discussed in chapter 2 to ask God why. Jesus has given you permission to approach almighty God and ask freely. Make an appointment with a counselor or spiritual leader today,

talk with a friend, try the empty-chair method, pray, or shout your “Why?” questions to God. He invites you to ask.

Choose Forgiveness

This week write a letter, send an email, or make a face-to-face appointment to forgive your offender. Bury it, send it, say it. However God leads you, finish it! Forgive, expecting nothing from your offender in return and everything from your heavenly Father.

If you're still unable to forgive,

1. Remember that the real enemy is Satan, not your offender.
2. Pray daily for your offender. Ask God to help you pray *blessing* over that person. “Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing” (1 Pet. 3:9).
3. Put yourself in your offender's shoes. Ask God to give you empathy for that person.
4. Try saying Jesus's prayer again: “Father, forgive _____, for _____ doesn't know what he/she is doing.”

If you can't forgive, your Father can.

FIND ETERNAL PURPOSE AND SECURE YOUR SPIRIT

Read Chapter 4: What Does Pain Have to Do with Paradise?

Read Chapter 5: Who Should Hold Your Rainbow Turkey?

Most physical wounds need an antidote or antibiotic to fight off infection and heal completely. The antidote for your emotional wound is to find an eternal purpose in your pain. If you're hurting, your pain can give you a stronger voice to share the gospel. Your heavenly reality is greater than your earthly facts. God will use you in greater ways because of what you have endured.

When you start to relapse into addictive behaviors or your wound is ripped open again, ask your heavenly Father to wrap your wound back up and hold your spirit, the essence of who you are, in His hands. You are always safe in your Father's hands.

LET'S TALK

1. How did you come to know Jesus as your Savior? Did a person or group of people lead you closer to Jesus? Share your story.

2. Has God ever used a difficult circumstance in your life as an opportunity for you to influence someone else's life for eternity? If yes, share how.

3. What has been your most painful experience? Are you able to see a purpose in it, or is it too soon in your healing journey? Share your hopes and your fears.

If you don't have a personal salvation story to tell, today can be your day of salvation! All you have to do is believe in your heart that Jesus died for your sins, ask Him to forgive your sins, and confess with your mouth that you want Him to be the leader of your life.

If you're ready, pray these words from your heart:

Dear God, I confess that on my own I could never earn the right to be with You forever in heaven. I accept the gift of salvation Your Son, Jesus, provided for me on the cross. I repent of my sins, and I invite Jesus to forgive my sins and be the leader of my life. Come live in me and save me. I want to spend eternity with You! In Jesus's name. Amen.

Once you've accepted Jesus as your Lord and Savior, His Holy Spirit comes to live inside you. You don't have to go through life on your own, because the Holy Spirit is now your guide and counselor. He will teach you and remind you of the words of Jesus (see John 14:26; 16:13).

READ GOD'S WORD

1. How are the two martyrs from 2 Chronicles 24:20–25 and Acts 7:55–60 similar? How are they different? What attitudes made the legacy of their painful experiences different? Based on your current attitude and actions concerning your soul wounds, what do you anticipate your lasting legacy will be? Do you think it's possible to influence someone else's eternity because of your experiences? If you could, would it make your pain worth it?

2. Read Psalm 31:4–5. What are some addictions or struggles that tempt you when a wound is reopened? You can entrust your spirit into God's hands by saying out loud what Jesus said on the cross: "Father, into your hands I commit my spirit" (Luke 23:46). How might this prayer be helpful when you relapse or have an old wound torn open again?

3. Jesus tells us how to battle temptation in Mark 14:38: "Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak." How is this verse relevant to your life this week?

PRAYER

Instead of asking God to heal you today, try praying Jen's prayer: *"Lord, did I meet all of Your expectations today? Did I fulfill all the plans You had for me to do today?"*

REFLECTION

1. Is God birthing a passion in your heart as a result of your own painful experiences? Write about it in your journal.
2. Has God placed a person in your path who might listen to you because of what you've been through? Who is it?
3. Has God revealed a purpose for your life that wouldn't be possible for you to fulfill without the wounds of your past? What is it?

If you don't see any purpose for your pain, try writing this prayer in your journal:

Help me hear Your voice, Jesus. You said, "My sheep listen to my voice; I know them, and they follow me" (John 10:27). Speak to me, Jesus, in the way You know I will understand, because You know me. I'll do my best to follow. Give me a purpose for my pain.

HEALING STEPS

Focusing on my heavenly realities helps me face my earthly facts. For example, one of my earthly facts is that my husband, Andy, and I have chronic nerve pain, but the heavenly reality is that one day we'll have perfect bodies in heaven with no more pain or suffering.

1. Make a list of your current earthly facts and your heavenly realities (see chapter 4).

2. Write out 2 Corinthians 4:17–18 and speak it out loud every day this week: “For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.”

3. This week, every time you feel overwhelmed or as though your wound is being ripped open again, pray aloud, “Father, into Your hands I commit my spirit.” Did you feel the burden lift after you said these words? Try praying this before you go to sleep.

4. Ask God to save at least one person as a result of your pain. Wait for Him to reveal an opportunity to turn your pain into purpose. Then simply tell your story.

FIND SOMEONE TO SERVE AND SCHEDULE MARGIN

Read Chapter 6: A Cautionary Tale of Two Grandmothers

Read Chapter 7: Ice Chips, Sponge Vinegar, and Living Water

If you're hurting, one of the quickest ways to begin healing is to reach out and help someone else. Serving others helps fill your heart with joy. When Jesus was dying on the cross, He was taking care of His mother's needs, showing her compassion. Jesus also said, "I am thirsty" (John 19:28), which gives us permission to ask for help for our physical needs. It isn't a sign of weakness to ask for help; it's a sign of strength. There are some practical things you can do to add margin to your life, which will give you more time for God and more time for serving others.

LET'S TALK

1. What kinds of activities fill your life bucket and energize you? Shopping? Lunch with friends? Volunteering? A quiet retreat? Reading? What kinds of activities drain your bucket of energy?

Confrontation? Work responsibilities? Overbearing friends or family? Feuds? Cooking? Cleaning? Car pools? Is your bucket currently full or getting close to empty?

2. What are you most passionate about? For example, what breaks your heart and makes you cry? What life-giving activity would you engage in if there was no financial compensation? If you had one year left to live and unlimited resources, what would you do?

3. How many hours a week do you spend volunteering or serving a purpose greater than yourself or your family? What do you experience when serving?

4. When was the last time you unplugged from all technology and social media for an entire day? When was the last time you took a vacation day or spent time listening to God? What was that like for you?

READ GOD'S WORD

1. What were Mary's and Martha's strengths and weaknesses revealed in Luke 10:38–42? Was Martha wrong to focus on her gift of serving? Why is the principle of Sabbath, or margin, important (see chapter 7)? How did Mary exemplify this principle? What are the negative health effects of having little margin in your life?

2. Do you think the Sabbath commandment (Exod. 20:8–11) is possible to keep in today's culture? How could you observe the Sabbath in a way that enables you to spend more time with Jesus? Practically speaking, what would that look like for you?

3. Be honest: Is spending time with Jesus something you view as a chore or something you thirst for? Do you know how to sit at the feet of Jesus? How have you scheduled time for Him in your regular routine?

PRAYER

Offer up this prayer to Jesus and pour out your needs to Him:

Jesus, thank You for giving me permission to admit my physical needs by saying, "I am thirsty." Help me find balance in my schedule for serving others and soaking in Your Word. Reveal to me the areas where I need to make adjustments and either serve more or soak more.

REFLECTION

1. Is there any ministry, person, or opportunity that God is leading you to say yes to?

2. Is there any activity, person, or ministry you need to say no to so you can either have time for Jesus or have time to say yes to another priority? Why do you think God is leading you to say no?

3. Are you currently experiencing any of the following symptoms?

- Chronic fatigue
- Anxiety
- Weight loss or gain (usually ten pounds or more)
- Depression (feeling hopeless, helpless, and worthless)
- Sleeplessness
- Loss of appetite
- Suicidal thoughts

If you have a combination of these symptoms, call your doctor or see a counselor to check on your health, examine the root issues, and set up a recovery plan.

HEALING STEPS

1. Find someone to serve this week. Seek out opportunities to use your gifts, passions, and past experiences to help others. It may be as simple as inviting someone to have a meal in your home, performing an anonymous act of kindness, or visiting a lonely neighbor.

2. Determine to keep the Sabbath by scheduling margin in your life for time with God and things that fill your bucket. Make a Sabbath plan:

- What am I doing *daily*?
- What am I doing *weekly*?
- What am I doing *monthly*?
- What am I doing *yearly*?

3. Take time to celebrate. Think of one thing you could celebrate this week.

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EXCHANGE YOUR BROKENNESS FOR HEALING AND MAKE YOUR BEAUTY MARK ON THE WORLD!

Read Chapter 8: Accidentally Accessing Bill Gates's Bank Account

Read Chapter 9: Peter, Peter, Peter

It's time to start viewing yourself the way God views you. When Jesus died on the cross and said, "It is finished" (John 19:30), that was the great exchange. Your sins were exchanged once and for all for His righteousness. You are no longer broken; you are righteous, priceless, beautiful, redeemed.

After Jesus's resurrection, He appeared first to a wounded woman (Mary Magdalene) and told her to stop crying. He commanded her to tell the others that He was alive. God wants to restore you at the point of your pain and use you to make a beauty mark on the world. Go share your story and make disciples!

LET'S TALK

1. Describe yourself in three to five words. Where do you find your identity or worth? Is your identity in your job, your outward appearance, or what others think about you?
2. If you were standing face-to-face with God right now, how do you think you would feel?
3. What does it mean to you to realize that the first person Jesus appeared to after His resurrection was a deeply wounded woman?
4. Have you accepted the great exchange? Do you really believe that the way God feels about His own Son is exactly the way He feels about you?

READ GOD'S WORD

1. Read John 18:15–27 and underline in your Bible the words Peter spoke when he denied Jesus. Read John 21:1–17 and underline the words Jesus used to restore Peter. What is the significance of the two charcoal fires in Peter's story? What might this mean for your story?
2. Do you believe that God can fully restore you and use you in the very place where you failed or were wounded? What might that look like?
3. Read Acts 2:38–41 and see what happened when Peter preached at Pentecost. How many people were saved that day?

PRAYER

Pray these words aloud with a Christian friend who can help you see truth:

Father God, reveal to me any lies that have festered in my wounded heart or anything I'm believing about my brokenness that isn't from You. Lord, please forgive my failures and help me notice any automatic negative thoughts that abide in me. Help me check every negative thought and replace it with Your truth. I praise You in advance for healing my mind today. In Jesus's name. Amen.

REFLECTION

God empowers every believer to “demolish arguments and every pretension that sets itself up against the knowledge of God, and ... take captive every thought to make it obedient to Christ” (2 Cor. 10:5).

With the help of a friend who knows you well, brainstorm and write down some of your negative thoughts:

1. Look at each thought individually. Is it true? Is there a thought from God that is more true?
2. What typically triggers your negative thoughts?
3. Replace these negative thoughts with truth from God's Word.

Find some promises from the Bible. If you need help with your search, visit www.biblegateway.com and type in words such as *fear*,

anger, bitterness, hope, and temptation to access Bible verses on these topics. I often print out and highlight the verses that are the most meaningful to me.

HEALING STEPS

Perform a Self-Assessment

Where are you currently on your healing journey? Review the following healing prescriptions Jesus modeled. Which steps do you still need to take to allow God to do more healing in your body, soul, and spirit?

Take a few minutes to perform a self-assessment. Draw an *x* on each line, between zero and ten, to indicate how often you practice each of the healing steps. Zero means “I haven’t done this yet,” and ten means “I do this well and often.”

Open your wound. Ask God why.

“My God, my God, why have you forsaken me?”

0 ————— 10

Clean out your wound. Forgive your offender.

“Father, forgive them, for they do not know what they are doing.”

0 ————— 10

Apply the antidote. Find eternal purpose
for your pain by sharing the gospel.

“Truly I tell you, today you will be with me in paradise.”

0 ————— 10

Wrap up your wound. Secure your spirit.

“Father, into your hands I commit my spirit.”

0 _____ 10

Start rehab. Find someone to serve.

“Here is your son.... Here is your mother.”

0 _____ 10

Admit your physical limitations. Schedule margin.

“I am thirsty.”

0 _____ 10

Enjoy new freedom. Exchange brokenness for healing.

See yourself as righteous, priceless, beautiful, redeemed.

“It is finished.”

0 _____ 10

Tell your scar story. Make your beauty mark on the world.

“Go and make disciples.”

0 _____ 10

If you can recognize progress as you mark this chart—growth since you began reading this book—it’s evidence that God is healing you and can redeem your wounds. Believe it by faith, and praise God that the healing has begun. You can say aloud, “God, thank You for healing me a little more today.” If you’re not able to notice growth, invite God’s Spirit to reveal one area of growth you’re being called to embrace. Don’t tackle all of them at once; start with one.

Choose a Statement

Write in your journal the statement of Jesus on the cross that has had the greatest impact on your life, and explain why.

Go and Make Disciples

Jesus's final words before He ascended into heaven are known as the Great Commission. In Matthew 28:19–20, Jesus commanded His followers to go and make disciples. Take time this week to write out the story of how God has transformed, or is transforming, your scar into a beauty mark. Pray about how you could share it to help someone else heal.

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GOD WANTS TO USE YOU AND HELP YOU WIN THE DAILY BATTLE

Read Chapter 10: Wounded Women Wanted

Read Chapter 11: *P* Is for Power

It's both surprising and beautiful that every woman mentioned in the lineage of Christ was once wounded. Doesn't that give you hope that God can heal you and use you in greater ways because of everything you've suffered? Your body and soul might be broken, but the Holy Spirit, who lives in you, is perfect. Tap into the Spirit's power. The weaker you are, the stronger the Holy Spirit will be in and through you as you win the daily battle practicing the four *P*s (prayer, promises, praise, positivity).

LET'S TALK

1. Which woman in the line of Christ (Tamar, Rahab, Ruth, Bathsheba, or Mary) do you relate the most to (see chapter 10)? Why?
2. When has your brokenness led you closer to Jesus? When has it drawn you farther from Him?

3. Why would a God who has the power to immediately heal you allow you to suffer brokenness and pain? Do you think you would have known Jesus the way you do without brokenness and pain? Has the pain been worth it?

4. Did you learn anything new about the woman who touched the hem of Jesus's garment in Mark 5:25–34? How did she ignite faith in others?

READ GOD'S WORD

1. At the moment of salvation, the Holy Spirit takes up residence in you. Read Romans 8:1–17 and underline all the ways the Holy Spirit can help you win the daily battle for your heart and mind.

Verse 11 says that the same power that raised Jesus from the dead is living inside you. How would you act if you truly believed that?

2. Write out Romans 8:18 and believe it by faith. (This was the verse taped in Jen's locker at school when our car wreck happened.)

PRAYER

Ask God to transform your wounds into beauty marks that He can use to heal others:

God, I don't want to be known as the woman who was _____ (name your wound). I want to be known as

the woman who loves Jesus with all her heart, soul, and mind. Heal me, Lord, from the inside out. Help me to see beautiful instead of broken. Thank You that even though I'm not perfect, Your Spirit is perfect inside me. Lord, please use my story to make a difference in the world!

REFLECTION

1. How can you be led by the Holy Spirit instead of being led by your wounds? How do you think that might be expressed in your life?
2. Satan wants to keep you paralyzed by your past so you won't experience the amazing future God has planned for you. Ask God to reveal other lies the Enemy is using to deceive your soul. Listen to God speaking to your heart and write what He shows you in your journal.
3. Why is it important to combat those lies out loud with the truth of God's Word?

HEALING STEPS

Practice the four *Ps* this week:

1. Prayer. *God, Your Word says that nothing is impossible for You. I'm asking You in Jesus's name to heal me and set me free like the woman who touched the hem of Your garment in Mark 5. I believe You can. Please increase my faith to trust You for more healing.*

2. Promises. Find a Scripture verse you can claim to help you battle the particular lies you're tempted to believe. Ask a friend, use www.biblegateway.com, or ask the Holy Spirit to put a promise in your heart today.

3. Praise. *God, I'm going to stop begging You to heal me and start praising You in advance for doing exceedingly abundantly more than I could ever ask or imagine through Jesus Christ!* Now listen to your favorite praise song. Find it online if you need to. Let your spirit lead you as you praise God for the next few minutes.

4. Positivity. Make a list of all the things you're grateful for, even the small things. Then write down some negative thoughts you have about your life. Next to each one, write how God could turn that thought into a positive. For example, next to the negative thought, "I'm afraid that Jen may never be able to live on her own," I might write this positive prayer: "Because of her limitations, Jen has to rely on You more than most girls her age, and I get to see glimpses of You, Father."

How can you implement the four *P*s in your daily routine? Be creative and write an action plan. For example, you can pray aloud in the car, dance to praise music while you're getting dressed in the morning, or memorize promises while you're walking or working out.

Beloved sister, know that God is faithful. He is transforming your wounds into beauty marks so that you might become all He created you to be. Bless you as you continue the journey!

NOTES

1. Rick Warren, “Adding Power to Your Purpose: The Amazing Power of Forgiveness” (sermon, Saddleback Church, Lake Forest, CA, January 7, 2006).
2. Anne Graham Lotz, *Wounded by God’s People: Discovering How God’s Love Heals Our Hearts* (Grand Rapids, MI: Zondervan, 2013), 52.
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