

SERMON NOTES

February 15 & 16, 2025

First Things First: Principles of Healing Psalm 34:18; 147:4

1. _____ my hurts

John 5:6

2. _____ those who hurt me

Romans 12: 17, 19 | Psalm 56:8 | Peter 2:23

3. _____ old beliefs with God's truth

Romans 12: 1-3 | Ephesians 1:4-5

4. _____ on my future

Philippians 3:13-14

5. _____ out to help others

2 Corinthians 1:3-4; 5:17

Life Steps

First Things First: Principles of Healing | February 17 - 23, 2025

Monday

Psalms 34:18 | Psalm 147:4

Reflect: Our God is a healing God. Jehova Rafa, the God who heals, is one of many names used for God in scripture. What other names for God do you use when describing the nature of God? Do you really believe that our God heals? Explain.

Prayer: Jehova Rafa, heal me of the relational wounds of my past so I might be all in for those who rely on me today.

Tuesday

John 5:1-8

Reflect: Reveal your hurts. God will not fix what you will not face. Get real honest with yourself and God. Do you really want to get well? Do you really want God to heal the wounds of your broken relationships? Name all of your unhealed relational wounds.

Prayer: Read your unhealed relational wounds to God. Then pray, "Jehova Rafa, these relational wounds still hurt. Heal me."

Wednesday

Romans 12: 17a, 19

Reflect: Release those who hurt you. You will not heal if you are keeping a record of how you have been wronged or if you are holding on to past hurts. Get honest, what hurts are you holding on to? Who do you need to forgive so you can move forward?

Prayer: Jehova Rafa, I forgive _____. I place her/him into your hands. Your will be done.

Thursday

Romans 12:2 | Ephesians 1:3-4

Reflect: Replace old beliefs with God's truth. Identify the damaging messages, the faulty data recorded in your brain about who you are, that still impact your self-image and current relationships. What does God say about you in the Ephesians passage?

Prayer: Jehova Rafa, I believe who you say I am. You chose me. I am your child. I am loved. I am forgiven and redeemed.

Friday

Philippians 3:12-14

Reflect: Refocus on my future. Healing comes when we focus more on the future than our past. Paul, in essence, is saying, "My past is not my future." What does that phrase mean to you? Describe what a healthy relationship looks and feels like with the key people in your inner circle.

Prayer: Jehova Rafa, I place my key relationships in your hands. My past is not my future. I am not a victim of the crazy cycle. I can do all things and become who my family needs me to be through Christ, who strengthens me.

Saturday

2 Corinthians 1:3-4

Reflect: Reach out to help others. We know relational wounds have been healed when our painful past is used to comfort others. Where are you positioned working, serving, in the world, and in the church, where God can use you to comfort others? Who might God have led into your life so God can use you to be their comfort?

Prayer: Jehova Rafa, use the redeemed and healed wounds of my past to help others.

Sunday

2 Corinthians 5:17

Reflect: Considering the past 6 weeks of our First Things First series, what have been your key learnings? How have your key relationships been impacted? What is the "new creation" that God is doing in you and your relationships?

Prayer: Jehova Rafa, thank you for all of the new things you are doing in me and the relationships I value. In Jesus' name, Amen.