

Healing Your Crushing Soul Wounds

There are times in life when our hearts are overwhelmed with sorrow, grief and that unspeakable pain that permeates one's being. It's times like these that we must find the way to heal.

Allow yourself to become vulnerable to family and friends who truly want to help in your time of need. They love you and care about you. You will find you do not have to explain much; they already know and understand the situation. They desire to be a support beam for you to lean upon when you feel weak.

And then there are those unexpected people to whom God will speak concerning you to also find a way to reach out and help to carry you through. Don't be closed-minded; you may find a rich jewel in a new friendship that will bless you in your time of sorrow.

Then there are times when the people around you are not able to reach inside and heal the deep wound of sorrow. These are the times when you need to choose to grab hold of the Spirit of the living God for help, inner healing, peace and strength that does not come from this world.

I share a testimony in my new book, *The Healing Creed*, about a woman who lost all five of her children in one tragic day. It tells how she finally found her way with Jesus to inner healing, peace and the strength to live another day with the assurance that it was OK to smile again. She overcame the fear-based control that prevented others to come near her. Her ashes, sorrow and hopelessness were healed by Jesus alone and transformed into His beauty. The spirit of heaviness fell off, and she found joy once again.

There are different levels of healing, and God uses people to

help us through difficult trials in this life. And then there is a deep inner healing that God alone can bring, but we have to choose to wipe off the ashes of sorrow and allow Him to wash us with His atoning blood and make us whole again.

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