

{ Day 119 }

Bless the Lord, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's. **—Psalm 103:2-5, KJV**

If we are to experience true, lasting wholeness and healing in the places of our wounding, we must encounter the Healer Himself and be encouraged to build a relationship of intimacy with Him. How are the inner wounds of the heart healed? We must give everything back to God, including all bitterness, self-pity, and desire for revenge. Our grief, anger, shame, and pride—even our hopes, ambitions, and dreams—must be laid on God's altar, along with our personal rights and the desire to run our own lives. Jesus must become the focus of our hearts—not our tragedies, our past, or all that might have been. Only Jesus can transform self-pity into victory or tears into triumph.

{ PRAYER STARTER }

Father, show me the inner healing that I still need. Reveal to me my wounds so that I may lay them on the altar and allow Jesus to transform my self-pity into victory and triumph.

**A focus on intimacy with Jesus is essential in
healing the inner wounds of the heart.**