

Tell God Your Hurts

(PART 1)

Some of life's events can bring us such excruciating pain that we end up carrying the weight of them inside us for years. But God's Word can give us hope for the future and teach us how to receive inner cleansing and healing.

READ: Ps. 139:17-18; Rom. 10:17; Matt. 9:29; John 14:1; John 14:27; Heb. 4:16.

HEART ISSUE: In your prayer time, consider how you might be holding on to past or present anger, fear, grief or any other negative thoughts and emotions. Ask God to show you how these might be affecting your outlook on life and your relationships with others.

PRAYER FOCUS: Father, I turn over all negative thoughts, emotions and attitudes toward You. I look to Jesus to cleanse and heal me of all wounds, past and present, and to refresh and restore me mentally and spiritually. In Jesus' name, amen.

(PART 2)

It is often easier and more comfortable (because it is predictable) to hold on to our cares and worries than to let them go and to move on. Are you ready to move on to a better, more positive and joyous season, minus the old grudges, anger and negative emotions? God's Word will show you how.

READ: Prov. 12:25; Prov. 13:12; Gal. 5:1; Phil. 4:6; 1 Tim. 6:12; 1 Pet. 5:7.

HEART ISSUE: What are you carrying inside you that might be causing you turmoil, fear or anxiousness? Pray and give it all to the Lord.

PRAYER FOCUS: Father God, I thank You that I can give to You my concerns, worries, and thoughts. I am thankful for freedom in Christ. I'm rejoicing because each and every moment I am undergirded by Your Spirit Who carries me through my day and night! In Jesus' name, Amen.

Read a companion article.