



GET YOUR HOPES UP
Pt. 2 – *“Hope For Your
Hidden Hurts”*
November 12th, 2017
Pastor Todd Tolson

JEHOVAH RAPHA = *“I am the God who heals”*

“God heals the brokenhearted and bandages their wounds.”
Psalms 147:3 (NCV)

STEPS IN GOD’S HEALING PROCESS

1. _____ MY _____.

“I kept very quiet... but I became even more upset. I became very angry inside, and as I thought about it, my anger burned.”
Psalms 39:2-3 (NCV)

“When I kept things to myself, I felt weak deep inside me. I moaned all day long.”
Psalms 32:3 (NCV)

2. _____ THOSE WHO HAVE _____ ME.

“Never pay back evil for evil... never avenge yourselves. Leave that to God, for He has said that He will repay those who deserve it.”
Romans 12:17, 19 (LB)

“You, God, have kept a record of all my tears.”
Psalm 56:8 (NLT)

“When Jesus suffered, He did not threaten to get even; He left His case in the hands of God...”
1st Peter 2:23 (LB)

“A bitter spirit is not only bad in itself but can also poison the lives of many others.”
Hebrews 12:15 (NLT)

3. _____ OLD TAPES WITH GOD’S _____.

“...Let God transform you into a new person by changing the way you think.”
Romans 12:2b (NLT)

“...Through what Christ would do for us, God decided to make us holy in His eyes, without a single fault – we stand before Him covered with His love.”
Ephesians 1:4 (LB)

4. _____ ON THE _____.

“Put your heart right, reach out to God... then face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more.”
Job 11:13-16 (GN)

5. _____ OUT TO HELP _____.

“God comforts us every time we have trouble, so when others have trouble, we can comfort them with the same comfort God gives us”
2nd Corinthians 1:4 (NCV)

“When someone becomes a Christian, he becomes a brand new person inside. He is not the same anymore. A new life has begun!”
2nd Corinthians 5:17 (LB)