

**Agape House of Worship  
Midweek Service & Bible Study**

**Topic: Freedom From Emotional Wounds (Part 2)**  
**Texts: Luke 4:18-19, Psalm 147:2-3**

**Date: Wednesday, April 9, 2025**  
**Facilitator: Pastor Bimbola Lawore**

In today's study, we will continue our study on freedom from emotional wounds; we will take an in-depth look into ways to experience freedom from emotional wound. If you are asking can someone, be totally free from emotional pain, the answer is yes, Jesus gave us this assurance when he stated his mission in Luke 4 18-19, *"The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, 19 to proclaim the year of the Lord's favor." (NIV)*

Jesus came to set us free from every form of pain and captivity. Jesus came to bind up the wounds of the broken hearted (Psalm 147:3). If anyone believes His words and surrender their heart totally to Him, they will be free (John 8:32)

**How to be Free from Emotional Wounds:**

**1. Admit that you have a wound and seek for healing.**

**Psalm 42:5** "Why are you cast down, O my soul? And *why* are you disquieted within me? Hope in God, for I shall yet praise Him] For the help of His countenance. (NKJV)

**Psalm 42:5** "So then, my soul, why would you be depressed? Why would you sink into despair? Just keep hoping and waiting on God, your Savior. For no matter what, I will still sing with praise, for you are my saving grace! (TPT)

**2. Pray for the perpetrator, pray for an opportunity to reconcile. Forgive anyone who has hurt you.**

**Matthew 18:21-22**, "Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" <sup>22</sup> Jesus answered, "I tell you, not seven times, but seventy-seven times. (NIV)

**Colossians 3:13** "Bear with each other and forgive one another if any of you has a grievance against someone. (NIV)

**3. Receive God's forgiveness for yourself.**

**Matthew 6:12-14** "and forgive us our sins, as we have forgiven those who sin against us. <sup>13</sup> And don't let us yield to temptation but rescue us from the evil one. <sup>14</sup> "If you forgive those who sin against you, your heavenly Father will forgive you. <sup>15</sup> But if you refuse to forgive others, your Father will not forgive your sins. (NLT)

**4. Reject the lies the enemy has presented to you from the negative experiences.**

**John 8:44-45** "For you are the children of your father the devil, and you love to do the evil things he does. He was a murderer from the beginning. He has always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies. <sup>45</sup> So when I tell the truth, you just naturally don't believe me! "(NLT)

**5. Believe God's word, meditate on God's word, believe what God says about you.**

**John 8:31-32** "<sup>31</sup> Jesus said to the people who believed in him, "You are truly my disciples if you remain faithful to my teachings. <sup>32</sup> And you will know the truth, and the truth will set you free." (NLT)

**Proverbs 4:20-22** “My child, pay attention to what I say. Listen carefully to my words. <sup>21</sup> Don’t lose sight of them. Let them penetrate deep into your heart,<sup>22</sup> for they bring life to those who find them, and healing to their whole body. (NLT)

## **6. Seek for Counseling and Prayer ministrations.**

**James 5:14-16** “Is anyone among you sick? He must call for the elders (spiritual leaders) of the church and they are to pray over him, anointing him with <sup>[o]</sup>oil in the name of the Lord; <sup>15</sup> and the prayer of faith will restore the one who is sick, and the Lord will raise him up; and if he has committed sins, he will be forgiven. <sup>16</sup> Therefore, confess your sins to one another [your false steps, your offenses], and pray for one another, that you may be healed and restored. The heartfelt *and* persistent prayer of a righteous man (believer) can accomplish much [when put into action and made effective by God—it is dynamic and can have tremendous power]” (AMP)

## **7. Receive a fresh baptism of the Holy Spirit.**

**John 14:26** “<sup>But</sup> the Helper (Comforter, Advocate, Intercessor—Counselor, Strengtheners, Standby), the Holy Spirit, whom the Father will send in My name [in My place, to represent Me and act on My behalf], He will teach you all things. And He will help you remember everything that I have told you. (AMP)

## **8. Pursue a life of transformation and sanctification.**

**Romans 12:1-2** “So then, my friends, because of God's great mercy to us I appeal to you: Offer yourselves as a living sacrifice to God, dedicated to his service and pleasing to him. This is the true worship that you should offer. <sup>2</sup> Do not conform yourselves to the standards of this world, but let God transform you inwardly by a complete change of your mind. Then you will be able to know the will of God—what is good and is pleasing to him and is perfect.” (GNT)

## **9. Practice journaling your thoughts, reflections and prayers.**

**Psalms 45:1** “My heart is overflowing with a good theme; I recite my composition concerning the King; My tongue *is* the pen of a ready writer.” (NKJV)

### **How to practice journaling, ask questions like:**

- Dear God, how do you see me?
- Dear God, what do you have on your heart to say to me?
- Holy Spirit, reveal to me negative patterns in my life?
- Holy Spirit help me to surrender this burden, show me how?
- Holy Spirit, reveal the heart of the Father to me from these scriptures, Ephesians 3:17, Zephaniah 3:17

**10.** Seek professional help, sometimes due to the depth of the wound (grief, abuse, trauma, etc.), it is essential to seek the help of a licensed therapist to help you through the journey of healing.

### **Conclusion: Why is freedom from emotional wound important?**

- So, we can live the abundant life that God desires for us to live. John 10:10
- So, we can effectively carry out the great commission and advance God’s kingdom agenda on earth.
- So, we can set others free. 2 Corinthians 1:14, John 4:39

**2 Corinthians 5:16-18** <sup>16</sup> So from now on we regard no one from a worldly point of view. Though we once regarded Christ in this way, we do so no longer. <sup>17</sup> Therefore, if anyone is in Christ, the new creation has come:<sup>[a]</sup> The old has gone, the new is here! <sup>18</sup> All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation (NIV)

**2 Corinthians 1:14** “He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. (NLT)