

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

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

Date: Wednesday, April 2, 2025
Facilitator: Pastor Bimbola Lawore

Introduction:

The enemy constantly seeks to keep us bound mainly in two ways, what people do to us and sometimes what we do to ourselves. No matter what the source of the bondage is, we have good news! Jesus Christ has brought us freedom from the power and hold of the enemy. Jesus Christ was anointed by God and sent to the earth to give us the freedom we need from every form of pain, bondage or oppression. Jesus made His mission clear to us in Luke 4:18-19.

***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, to proclaim the year of the Lord’s favor.” (NIV)*

***Psalm 147:2-3** “The LORD builds up Jerusalem; He gathers the exiles of Israel. 3 He heals the brokenhearted and binds up their wounds.” (NIV)*

***John 10:10** “The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.” (NKJV)*

Overview of Emotional Wounds

Wound Issues stems from traumatic experiences and hurtful things we experience as we go through life. The enemy uses them as entry points to keep us bound in fear, anger, bitterness, offense, anxiety, low self-esteem, lack of confidence, rejection, shame, etc. Our souls need to be healed from wounds that expresses itself through feelings of fear, anger, bitterness shame, confusion, rejection, isolation, that seeks to control and limit our life.

Reflection – Are you dealing with any symptoms of emotional wound? Anger, bitterness, shame, anxiety, etc, surrender it to God. (Matthew 11:28)

True healing from emotional wounds comes from encountering the love of God through His word.

***John 6:63** “The Spirit gives life; the flesh counts for nothing. The words I have spoken to you they are full of the Spirit^{le} and life. (NIV)*

***John 8:32** “Then you will know the truth, and the truth will set you free.” (NIV)*

***John 17:17** “Sanctify them in the truth [set them apart for Your purposes, make them holy]; Your word is truth”. (AMP)*

***3 John 1:2** “Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.” ESV*

***Psalm 119:11** “I have hidden your word in my heart, that I might not sin against you.” (NLT)*

Common Sources of Wounds:

1. **Father/Mother Wounds:** Usually this wounding occurs in the formative year of a child, it may be as a reason of circumstances surrounding the birth of the child, unwanted pregnancy or birth defects. Sometimes it is due to absence of a parent in one’s childhood or growing up in a harsh/dysfunctional home environment, or unhealthy parenting styles. The role of a Father and Mother is very important,

they are the first contact every child has in the early years of their life. Parents are supposed to represent God to their children, unfortunately many times, fathers and mothers misrepresents who God is to their children.

2. Criticism/Negative Words: Critical comments and negative words spoken to a child in their early years creates major wounds to the soul of a child even into their adult life. Many adults are not truly healed from wounds of words even after they give their life to Christ. Words like, you are not beautiful, you are not smart, negative words spoken in school, words spoken by people who have authority over someone are usually source of wounding to the soul.
3. Rejection: Occurs in broken marriage, broken relationship, business relationship, friendship etc. Anytime someone is denied love, a wound of rejection is inflicted on the individual.
4. Trauma: usually stems from accidents, sudden death of a loved one, neglect, physical abuse. It is important to identify trauma and pray for healing, because unresolved trauma is linked to many mental and deeper emotional illness.
5. Abuse: Sexual Abuse is a major source of wounding that many people suffer.

Question – Share any other source of emotional wound that you know?

Case Study – Joseph Journey to Forgiveness

- Genesis 42: 18-24, Genesis 43:26-30, Genesis 44:14-33, Genesis 45: 1-14

Genesis 45:4-7

⁴ Then Joseph said to his brothers, “Come close to me.” When they had done so, he said, “I am your brother Joseph, the one you sold into Egypt! ⁵ And now, do not be distressed and do not be angry with yourselves for selling me here, because it was to save lives that God sent me ahead of you. ⁶ For two years now there has been famine in the land, and for the next five years there will be no plowing and reaping. ⁷ But God sent me ahead of you to preserve for you a remnant on earth and to save your lives by a great deliverance. (NIV)

Question - What practical lessons can you draw from the life of Joseph about forgiveness?

How to be Free from Emotional Wounds:

1. Forgive anyone who has hurt and wounded you. **Matthew 18:21-22, Colossians 3:13**
2. Receive God’s forgiveness for yourself. **Matthew 6:12-14**
3. Reject the Lies the enemy has presented to you from the negative experience. **John 10:10, John 8:44**
4. Believe God’s word. meditate on God’s truth, what he says about you. **John 6:63, John 8:32**
5. Seek for Counseling and Prayer ministrations. **James 5:14-16**
6. Receive a fresh baptism of the Holy Spirit. **John 14:26**
7. Pursue a life of transformation and sanctification. **Romans 12:1-2, 2 Corinthians 5:17**
8. Practice journaling your thoughts, reflections and prayers. **Psalms 45:1, Isaiah 50:4**

Conclusion:

Surrender your hurt and pain to Jesus, He desires to heal and restore you.

Jeremiah 30:17 *“But I will restore you to health and heal your wounds,” declares the LORD, ‘because you are called an outcast, Zion for whom no one cares.’ NIV*

Psalms 80:19 *“Restore us, LORD God Almighty; make your face shine on us, that we may be saved.” NIV*

Psalms 80:19 *“LORD God All-Powerful, make us strong again! Smile on us and save us” CEV*

Amos 9:14 *“I will restore My people Israel from captivity; they will rebuild and inhabit the ruined cities. They will plant vineyards and drink their wine; they will make gardens and eat their fruit.” (NIV)*