

It's Time to Heal

Becoming a Healer Wounded

Pastor Paul Allen

10.18.26

35 minutes

"You have to own your trauma, or your trauma will own you." - Detective "Fin" Tutuola

What is a wounded healer?

"When our wounds cease to be a source of shame, and become a source of healing, we have become wounded healers." - Henri Nouwen

How do we become wounded healers?

Jesus meets us in our wounds.

The cross proves that God isn't distant from human suffering. It proves He entered it.

He was despised and rejected by mankind, a man of suffering, and familiar with pain... by His wounds we are healed. Isaiah 53:3-5 NIV

Jesus gives us a new identity.

Healing begins when we believe what Jesus accomplished for us more than what happened to us.

For He has rescued us from the dominion of darkness and brought us into the kingdom of the Son He loves. Colossians 1:13 NIV

The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by Him we cry, "Abba, Father." Romans 8:15 NIV

Healing happens daily as we:

Live as sons and daughters instead of orphans.

Commune with the Father.

Saturate our minds with Scripture.

Invite the Holy Spirit into every wound.

Walk with grace-filled people.

Jesus turns our wounds into witnesses.

God wants to write His story in and through us. He wants to turn our pain into purpose and our scars into testimonies of His grace.

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, **who comforts us in all our troubles, so that we can comfort those in any trouble**

with the comfort we ourselves receive from God. For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ. 2 Corinthians 1:3-5 NIV

Congregational Prayer: “Wounded Healer”

Pastor:

Father, we come to You today accepting what happened to us but refusing to let our past hold the pen that writes our future. Thank you for meeting us in our wounds.

Congregation:

Jesus, thank you that by Your wounds we are healed.

Pastor:

Father, thank you that what You accomplished for us through Jesus far outweighs what happened to us. Thank you that our identity is no longer in our trauma or wounds, but our identity is in Jesus.

Congregation:

Jesus, thank you that our new identity is in You.

Pastor:

Father, thank you for turning our wounds into witnesses, our pain into purpose, our scars into testimonies of grace.

Congregation:

Jesus, thank you for giving Your life for us, so You could give Your life to us, so You can live Your life in us and through us as we become wounded healers.

All:

Jesus, thank you that.
our wounds don't define us,
our trauma doesn't define us,
our past doesn't define us,
Thank you that our identity in Christ defines us and we can become wounded healers.
In Jesus' name, Amen.

INVITATION PRAYER – Tap Plate

Soul Tattoo: Because of Jesus, we can become wounded healers.

Action Step: Discover who God is, who you are, and how to use your gifts at Growth Track.