

Healing from Pain

Have you been through a lot of pain in your relationships? Breakups, broken hearts, feeling used, and feeling shame? Maybe even an unintended pregnancy? You're not alone. So many before you have experienced so much pain too! Many have experienced the abuses and the damage our culture's treatment of sex has caused. I'm sorry you're going through this! But you may be thinking, *What now?*

What Now? What can you do to feel better and have healthier relationships? What can you do to find lasting love that will satisfy you emotionally, spiritually, and physically? Those are great questions!

You'll be happy to know that *there is healing, and there is hope, and there is help, and there is no amount of pain, or damage, or hurt that's been done in your life that Jesus doesn't want to come in and touch and fully restore. He wants to make you new.*

How Do You Heal? Healing is a process, and so we need to talk about what it looks like. What does it mean to be forgiven? *What does it mean to be able to walk in freedom now and be a survivor, whether you experienced sexual abuse, or rape, or sexual assault?* It's not about saying "sorry" to God for your sins today so that you can commit the same sins again tomorrow. It is a 180-degree turn from sin to righteousness. It is a complete life change. It is about making healthy choices and letting God fill your heart and meet your needs.

The Bible Says... "If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness." 1John 1:9. What is unrighteousness? It is anything that God considers wrong and harmful to us.

The deepest needs of your heart and soul can only be met by Jesus. No relationship can do that; it's not *humanly* possible. We have conditions to our love. Only God can love you unconditionally, and only He can make you whole again.

How much of the searching are you going to continue to do before you realize that no man, no relationship, will ever be able to meet the deep needs of your soul?

How Does Healing start? It starts by asking God for forgiveness for past poor choices, and then choosing to save sex for marriage from this point on. It means getting to know God, His love for you, and the boundaries He has for you, and then putting your trust in Him to love you forever.

Make a decision that from this day on, no matter what's happened in the past, you're going to honor God, now, with the choices you make when it comes to sex.

Put It To The Test... Are you in a sexual relationship now? Do you want to know if your partner really loves you for you or for the sex? Stop having sex. *If they love you, they will still be around, and now you'll have an opportunity to work at what actually makes a relationship last.*

If they break up with you or continue to pressure you to have sex, then you now know what the relationship is really about. It is a lot less painful to learn it now, before you're married, than to learn it afterward, when you have children. Remember, it is not what you say or what he says; it's what you do.

As mentioned in the lesson, the link for "Healing from your sexual past" www.barbarawilson.org