

Healing of Past Hurts

The healing of past hurts deals mainly with the emotional life. Things from the past in terms of bad memories, or effects of past sins, are included in this. Jesus came to heal the broken of heart. Healing of past hurts falls in this part of His ministry.

“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” Lk. 4:18

Brokenness in our emotions is generally caused by another person or some experience we have been exposed to in the past. These effects have a “life of their own” and hurt us in the present. This in turn leads to various forms of sin, depression, or a sense of unworthiness and inferiority, unreasoning fears and anxieties and even psychosomatic illnesses.

I. The two disciples on the road to Emmaus: Lk. 24:13-35.

1. vv. 19-21: It is evident that they are hurt and even disillusioned through the trauma of Jesus’ crucifixion. They are experiencing sadness and even a depressed spirit.

2. Jesus enters the present dilemma and through conversation put their recent memories of failure and frustration into a new and positive light.

3. vv. 25,26. Jesus challenges them to see the negative and hurtful experiences within the framework of the Scripture. Through their pain, God has a purpose. Their negative experience doesn’t deter God from “turning it around” for them.

4. v. 27. Using the Word of God, Jesus reinterpreted their negative experience into a fundamentally meaningful one. This becomes a source of new hope and power for them.

5. v.29. The painful memories were being “touched” by His grace and this led them to growing closer to Him in fellowship: ‘:stay with us....”

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6. v. 30-32. They recognized Him in the breaking of bread. This revelation of the Lord and His love and purposes through the pain and loss brings about a new encounter with the risen Christ. This encounter is “resurrection light” piercing the darkness of their hearts and giving new power and hope to them. The memory of “crucifixion” is there, but the “sting and darkness” of it is transformed into new hope and freedom.

7. v. 32. “our hearts burning....” Fire of the Holy Spirit transforming the painful memories.

8. vv. 33-35—they went out to proclaim a new conviction that Jesus is alive, risen!

Our perspective of Healing past hurts

1. Jesus brought emotional healing to many and because He is alive and risen, He continues to do so today.
2. He comes to free us from the evil that burdens us. He is the “same yesterday, today and tomorrow”. He takes the memories of the past and the wounds associated with them and removes the darkness of them.
3. Past hurts bring sickness to our emotions and to different parts of ourselves, even our relationships.
4. Healing of past hurts opens up renewal of our spiritual life and brings a new freedom to us.
5. Healing of past hurts can take place through:
 - a. Receiving or giving forgiveness from God and others.
 - b. Breaking habitual responses and behavior generated in reaction to Life’s trauma.
 - c. In the healing of past hurts, Jesus reinterprets and heals bad memories in prayer and conversation through the light of His Word and His purposes. See Romans 8:28

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d. Renewing our mind with the word of God-Getting God's perspective of the situation and ourselves brings us a new identity in Christ.

e. Being part of the body of Christ in small group relationships can establish us in the healing brought about through prayer.

f. In prayer for healing of past hurts, the Lord will bring to the person ministering prayer "revelation gifts" that is, insights the Lord gives to help in the prayer to serve the person. These insights move a person to open themselves to God's love for them in a new way.

FOR REFLECTION

1. Why do you think so many people have inner hurts in the world today?
2. How would you define "healing of past hurts?"
3. How do the sins of the previous third and fourth generations affect the present generation?
4. What questions do you have about healing of past hurts?