

Say What?

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The Tough Stuff Talking through the Healing

Prov 16:24 Words of Healing

²⁴ Pleasant words are a honeycomb, sweet to the soul and healing to the bones.

>Leads to a blessed prosperous life

>“The *pleasant words* here commended must be those which *the heart of the wise teaches, and adds learning to*, words of seasonable advice, instruction, and comfort, words taken from God’s word. Matthew Henry

>The words have a value all by them selves. They are heavy in purpose and meaning.

>Think of yourself as a Doctor bringing healing to your spouse:

See the place of hurt

Anger, fear, disappointment, isolation

Examine the pain

Fear, specific area that hurts

Seek Healing

Listen, Prayer, Wisdom

Say What?!

Unpacking the Hurt for the Healing

From IMC 2010 Luke Barnet

1. What does this illustration and “lugging” the hurts of our life have in common?
2. Why do we take our hurts with us?

Testimony Time

Share a Time when one of you played a role in the healing (physical, mental, emotional) role of your spouse or that they played in your healing



Col 3:8ff Get Ready to Heal

But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. ⁹Do not lie to each other, since you have taken off your old self with its practices ¹⁰and have put on the new self, which is being renewed in knowledge in the image of its Creator.

1. You have to choose to be ready so that you can speak words of life.
2. Key is the cleansing of your vessel to touch the heart of your spouse.
 - >Removing the seeds that will grow and block out “words of life”.
 - John 6:68 :
Simon Peter answered him, “Lord, to whom shall we go?
You have the words of eternal life.
3. **Your old self** will speak words of protection and self preservation.
4. **Your new self** is clothed in Christ and has freedom to be released into a place of healing.
 - > God gives you words of healing as you speak from your “new self”
New self:
Speaking the truth in love/Bearing one another’s burdens
1 Corinthians 13 communication
James: command to be quick to listen/slow to speak/slow to become angry
5. The image of the Creator releases words of covenant and oneness. We speak words that reflect the ONE FLESH relationship we have through Christ.

Words of Healing:

H Heart 1 Samuel 16:7

The Lord sees not as a man sees: man looks on the outward appearance, but the Lord looks on the heart.

- > We often mask our need/hurt. Our one flesh relationship causes us to have our spouse’s heart inside us.
- > Heart Words press often press past our comfort zones.

E Entrust words of life

- > Always begin with “what ever is good and lovely...think on these”
- > In a time of healing you may need to speak a new language.
- > Be sure to know your spouses love language. Words of Affirmation, Quality Time, Acts of Service, Gift Giving, Physical Touch

A Allow the Holy Spirit freedom

- > Romans 8:26,27 Be lead by the Holy Spirit
- ²⁶In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. ²⁷And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God’s will.

L Leave the past behind

- > Healing requires a lot of new things.
- > Words that chain us back to the past can not release the fresh healing we need.

I Invest your energy

- > What can I do? Is a start. The key is how can WE WALK TOGETHER IN THIS?

N New understanding released

- > Sometimes we need to use a new language to understand our spouses heart
“When I know that you know my hurt and want to change to help me, I can be healed”

G Grace living > No matter what, words of grace open up for words of healing to penetrate the damage that requires healing