

'NEW LIFE HEALING CENTRE'

(The Bethel)

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*Breaking into God's Plan
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A MESSAGE FROM PASTOR RAYMOND

Experiences good and bad in life can and do have lasting effects upon a person. How often do you talk about or bring to memory your good experiences in life? A memorable holiday or how Christmas was as a child, or good times with members of your family or friends, many not with you now. Talking and reminiscing of past times can bring with it warm feelings, and happy thoughts of the past. However, not all, the past is memorised in good positive thoughts. Sadly past times can hold sad emotional upsetting memories which are often hurtful and damaging to you as a person. Because of this they are kept well hidden but emerge every so often causing pain, upset, and even tears. If we refuse to hold onto these hurts they will not weaken or destroy you, but if you choose to hold onto them you allow a root of bitterness to take hold of your life.

Many people today, Christians included, are still carrying and holding onto their hurts of the past. Holding onto past hurts leads you to being chained to your hurts and to those who have hurt you through bitterness, resentment, and unforgiveness.

When this happens it opens the door to feelings of anger, self-pity, bitterness, resentment, even hate, and those feelings will rise up within you when you have been hurt and if we allow these things to live within us they will try to control us. In our natural ability to try and deal with these things we try to shut them out, shut out the pain. We try to forget the memory, (sometimes it can be of rejection or loss of a loved one) at times good memories leave us with pain. However, we try to deal with these things in our own strength, we never get over it, whether we shut it out, try to forget the memory, or try to put it out of our minds once and for all.

Unfortunately satan all too often comes to stir it all up again and he will try and use the hurts to torment and keep us in a weakened position. We even try to forgive those who have hurt us but the bitter feelings continue to keep coming back, and at times we think we have forgiven them when all of a sudden it all comes flooding back making us feel that we have no control over them.

Today, let us ask the question, "Am I still carrying hurts from the past?" "Are there any hurts in my life which have never been healed?" What is our response? Some may say how deeply they have been hurt and no one understands how I feel. "After what happened how could I possibly forgive or forget? It has gone down deep and it has affected me greatly I don't think I was ever the same after that". Another area that can arise in regards to past experiences of hurt is that the person, or persons who hurt you, may have died. Now, whether these things happened recently or as long as over thirty, fifty years ago it doesn't matter in relation to dealing with them. Listen . . . if you hold bitterness, unforgiveness or resentment in your heart toward the person or persons who hurt you, you remain bound to them and the wounds you suffered cannot be healed.

Today hear the Word of God for you! If someone (you) have been deeply hurt and carrying wounds which have never completely healed, or you are aware of someone who is crushed and broken-hearted, this is what God has to say -

"For I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord . . ." - Jeremiah 30 v 17.

This tells us one thing to live by. However deeply we may have been hurt in the past or even may be hurt in the future we need not become victims. We are in general very sensitive people. Sometimes the least little thing done or said can be very hurtful and at times we would just shrug it off, other times it hurts. So today don't be discouraged or defeated, and don't be upset when things hurt you. Some may say, "Don't be silly, I didn't mean it the way you took it". However, your first reaction is what has affected you, and as you no doubt know, these things can and do come back to haunt you and will continue to play and replay in your mind. Take heart, you can be healed from these things and your mind turned off from going over and over about what was said and what happened.

As we have looked back into the past and as we prepare ourselves to those we will receive during the rest of our lifetime we are to remember these hurts cannot defeat or destroy us. In responding positively in Christ we will overcome, but if we react and respond negatively then the hurts we encounter can indeed weaken us and in time will eventually destroy us.

We ask God today to reveal and heal any wounds that we may be carrying and allow the Holy Spirit to do His work within us. We know that as God heals us within we become free in ourselves and released from the pain that we have borne. We ask all this in the Name above all Names, that of the Lord Jesus Christ . . . AMEN.