

The Healing Map

Mapping the places that still need the Spirit's healing

Last week we mapped the pattern. This week we map the places where the pattern wounded us. We are not creating a map so we can live in the wound. We are creating a map so we can invite the Holy Spirit into the places that still need healing.

Instructions: Work through each section honestly. You do not have to share every detail. This is between you and the Lord. One wound at a time is enough.

1. What happened?

Name the wound. Tell the truth without exaggeration or minimization. What was done, said, or left undone?

2. What did I begin to believe?

What lie or conclusion did this wound produce? (Examples: "I can't trust anyone." "I'm not worthy of love." "I have to keep everyone happy." "People always leave." "If I don't control things, everything falls apart.")

3. How does it still affect me?

How has this wound shaped the way you relate to people, to God, or to yourself? (Anger, withdrawal, control, people-pleasing, suspicion, avoidance, perfectionism...)

4. What does God say?

What truth from Scripture speaks to this wound or this lie? Write a verse or a clear gospel truth that is more reliable than what the wound taught you.

5. What is my next step toward healing?

What does love and wisdom require of you right now? (Forgive, have a conversation, establish a boundary, apologize, grieve, seek counseling, pray, rebuild trust, wait, tell God the truth...)

6. What am I releasing to God?

What do I need to stop demanding from the person who hurt me and start trusting God to provide? (Apology, acknowledgment, changed behavior, justice, reconciliation...)

One Final Question

Am I trying to make the person who hurt me responsible for making me whole?

They may owe you something. But they do not own your future.

**The cycle may have wounded you,
but it doesn't have to live in you.**

**You cannot choose what you inherited,
but in Christ you can choose what you will pass on.**