



**FREEDOM FOR MEN • New Heart • New Mind • New Life**  
*Trusted, experienced, faith-based men helping men find hope and freedom!*

## **Chapter 10. Uncovering your wounds and finding HEALING.**

**Week 37: FORGIVENESS** as a path to finding healing from real pain, abuse and trauma.

### **Video: Antwone Fisher**

[Click here to watch a video clip in our Vimeo account.](#)

### **Word of the Week: Healing**

**Theme verse:** *How God anointed Jesus of Nazareth with the Holy Spirit and power, and how he went around doing good and healing all who were under the power of the devil, because God was with him.* – Acts 10:38

**Theme Quotes:** “By far the strongest poison to the human spirit is the inability to forgive oneself or another person. Forgiveness is no longer an option but a necessity for healing.” – Caroline Myss

“When the energy of compassion and love touches us, healing establishes itself.” – Nhat Hanh

**John Eldredge:** “There are no formulas with God. The way in which God heals our wound is a deeply personal process. He is a person and he insists on working personally.”

**Questions:** Have you witnessed a healing that could not be explained? Have you found healing from your emotional wound and story? Do you believe God is wanting to do miracles and physical healings through you?

### **Highlight Video: Where Forgiveness Is, Sidewalk Prophets**

[Click here to watch in our Vimeo account.](#)

## Word of the Week: Healing

### Dictionary:

*adjective*

- curing or curative; prescribed or helping to heal.
- growing sound; getting well; mending.

*noun*

- the act or process of regaining health: *a new drug to accelerate healing.*

**Quotes: “I suppose that since most of our hurts come through relationships so will our healing, and I know that grace rarely makes sense for those looking in from the outside.”** – Wm. Paul Young

**“There is a light in this world, a healing spirit more powerful than any darkness we may encounter. The spirit will emerge through the lives of ordinary people who hear a call and answer in extraordinary ways.”**  
– Mother Teresa

**“By far the strongest poison to the human spirit is the inability to forgive oneself or another person. Forgiveness is no longer an option but a necessity for healing.”** – Caroline Myss

**“Healing begins where the wound was made.”** – Alice Walker

**“If you restore balance in your own self, you will be contributing immensely to the healing of the world.”** – Deepak Chopra

**“When the energy of compassion and love touches us, healing establishes itself.”** – Nhat Hanh

**“Nobody escapes being wounded. We are all wounded people, whether physically, emotionally, mentally, or spiritually. The main question is not, ‘How can we hide our wounds?’ so we don’t have to be embarrassed, but ‘How can we put our woundedness in the service of others?’ When our wounds cease to be a source of shame, and become a source of healing, we have become wounded healers.”** – Henri Nouwen

**Bible: Proverbs 12:18**

The words of the reckless pierce like swords, but the tongue of the wise brings **healing**.

**Proverbs 13:17**

A wicked messenger falls into trouble, but a trustworthy envoy brings **healing**.

**Proverbs 16:24**

Gracious words are a honeycomb, sweet to the soul and **healing** to the bones.

**Isaiah 58:8**

Then your light will break forth like the dawn, and your **healing** will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard.

**Matthew 4:23**

Jesus went throughout Galilee, teaching in their synagogues, proclaiming the good news of the kingdom, and **healing** every disease and sickness among the people.

**Luke 6:19**

And the people all tried to touch him, because power was coming from him and **healing** them all.

**Luke 9:6**

So they set out and went from village to village, proclaiming the good news and **healing** people everywhere.

**John 6:2**

And a great crowd of people followed him because they saw the signs he had performed by **healing** the sick.

**Acts 10:38**

How God anointed Jesus of Nazareth with the Holy Spirit and power, and how he went around doing good and **healing** all who were under the power of the devil, because God was with him.

**1 Corinthians 12:8-9**

To one there is given through the Spirit a message of wisdom, to another a message of knowledge by means of the same Spirit, to another faith by the same Spirit, to another gifts of **healing** by that one Spirit.