

# Healing of Memories

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## I. Introduction.

- A. Memories can be a tool of the Devil. (Isaiah 43:5, 25; Jeremiah 31:34; Philippians 3:13-14)
- B. Haunting memories have to do with people in our past or opportunities that we have lost. (Ezekiel 18:2)
- C. The Bible gives us courage and hope in our own time through the example of others. (Romans 15:4)

II. Many of the greatest figures in biblical history such as David, Abraham, Moses, Peter and Paul failed in big ways.

III. Jesus is the ultimate authority for forgiveness. (Romans 3:25; Hebrews 10:14; 1 John 1:9)

- A. Unless a person has been forgiven, he will not have healing memories.
- B. Unless a person has been saved, he will not have healing memories.
- C. Unless a person is assured of his salvation, he will not have healing memories.
- D. Unless a person is rightly related to the people of the Bible, he will not have healing memories.
- E. Unless a person is not willing to give up the past and let it be past, he will not have healing memories.
- F. Unless a person has a proper image of himself, he will not have healing memories.
- G. Unless a person is not living with cold embers, he will not have healing memories.

IV. Steps to the healing of memories.

- A. Be honest about the past.
- B. Face the facts:
  - 1. You are not a special case. (1 Corinthians 10:13)
  - 2. Remember that God can use even your failures. (1 Timothy 1:10-15)
  - 3. Satan cannot rob us of salvation, but he can rob us of our joy. (Revelation 12:10; Matthew 1:21; 1 Peter 2:24; 2 Corinthians 5:21)
- C. Speak it over confidentially with a friend. (James 5:16)
- D. Confess the past sin.

- E. Accept God's forgiveness.
- F. Forgive the person who has wronged you. (Matthew 6:14-15)
- G. Thank God for the incident in your life. (1 Thessalonians 5:18; Ephesians 5:20)
- H. Believe the Word of God. (Romans 8:28; Job 2:25)
- I. Walk daily in fellowship with God.
- J. Actively reach out to others in love.

**Application questions:**

1. What are some of the memories you struggle with?

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2. How are biblical figures outstanding examples of those who have experienced healing after great failure?

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3. What must a person do to heal from haunting memories?

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