



June 15th, 2025
Margot Shutt
Soul Care, Preparing to Thrive
Healing Wounds

Above all else, guard your heart, for everything you do flows from it
Proverbs 4:23

Everybody carries internal pain and external baggage that affects their relationships, their walk with God, and their well being...

Don't be afraid to face your past. It is necessary to find healing in the soul and put the baggage down once and for all...

Jesus died, not just to forgive you. Jesus died and rose to heal your soul and set you free. Jesus is the healer! There are things in your life that only he can heal.
Rob Reimer

Three Core Lies

The Performance Lie:

You believe your value is dependent on your performance

People Pleasing Lie:

Where you need the approval of others to feel good about yourself.

Lies of Control:

You choose control; to keep yourself from getting hurt again.

Principles of Healing:

God isn't trying to fix us:

He wants to have a relationship with us.

God is smart:

He knows stuff we don't know, and he likes to tell us

Ask and it will be given to you
Seek and you will find
Knock and the door will be opened to you
For everyone who asks receives, he who seeks finds,
And to him who knocks, the door will be opened.
Matthew 7:7-8

O lord you have searched me, and you know me
You know when I sit and when I rise
You perceive my thoughts from afar
You discern my going out and my lying down
You are familiar with all my ways
Before a word is on my tongue, you know it completely, O Lord
Psalms 139:1-2

Tell me your story:

We need to share with trusted people so they can pray with us and listen for the Holy Spirit.

Only God heals the soul:

Apart from him we can do nothing! John 15:5

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Information about Boundaries was taken from the book
'Boundaries' by Dr Henry Cloud & Dr John Townsend



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