

Healing
the Soul
of a
Woman
Devotional

*90 Inspirations for Overcoming
Your Emotional Wounds*

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1

Healing for the Brokenhearted

He heals the brokenhearted and binds up their wounds.

Psalm 147:3

Those who are brokenhearted are broken in their personality. They are unable to function properly because of their wounds. They have been deeply hurt and are unable to move beyond their past pain.

It is important that we don't merely park at the point of our pain and remain there for the rest of our lives. God is the author of new beginnings, and whether we are wounded due to our own sin, or because of the sin of others who have harmed us, we are the only ones who can decide whether to move on or stay parked. Take your life out of park and start moving forward toward the great future God has arranged for you.

The apostle Paul is a great example of someone who kept shaking off the past and pressing forward. He moved past his own sin, past the persecution he received from others as his reward for simply trying to help them, past unfair imprisonment, beatings, abandonment, and many other painful things. He also moved past his own imperfections in his daily walk with God and said that letting go of what was behind was his determined purpose in life.

When we are hurting, moving forward isn't always easy because our mind and emotions are telling us to just give up. Although change isn't easy and is often painful, we have only two choices—to endure the pain of change or to endure the pain of never changing. It is easy to see which choice makes the most sense. If there will be pain either way, why not choose the pain of progress?

To keep going forward in the midst of personal pain takes a lot of courage. You may not even want to get out of bed in the morning, let alone be active and do what life requires that day, but if you live by wise choices rather than by your feelings, you can do it.

I vividly remember my father repeatedly telling me, “You will never amount to anything,” but with God’s help, I overcame his negative words. If those who should have affirmed you tore you down with their words, you too can overcome their words by seeing what God says about you and meditating on His words instead. God says many wonderful things about you, things such as: You are fearfully and wonderfully made (see Ps. 139:14). You are loved unconditionally (see Jer. 31:3) and accepted (see John 6:37). You are precious and honored in His sight (see Isa. 43:4). His Word includes many similar truths that will build you up and renew your mind so you can think about yourself and your life the way God wants you to.

Don’t settle for less than the best life that God wants to give you. Perhaps you are facing a time of testing in your life right now, and the temptation to quit and give up is strong. Know this: You have what it takes

It’s not too late! I’m sure the devil has told you the lie that it is too late for you. However, it is never too late for God to heal and restore anyone who truly wants Him to.

Declare this:

God is healing my broken heart and making me whole.

2

Do You Need an Upgrade?

But, as it is written, “What no eye has seen, nor ear heard, nor the heart of man imagined, what God has prepared for those who love him.”

1 Corinthians 2:9

We rush to get every new upgrade available for our computer and phone. We spend money, wait in lines, do whatever it takes to have the newest and best. We are very aggressive about having

the best equipment available, but are we as aggressive about having the upgraded life Jesus offers us?

The Bible says that the path of the righteous gets brighter and brighter every day (see Prov. 4:18). This means God is always drawing us toward better and better things. He continually offers upgrades, and we should be determined to have each one of them.

Living the best life God has for you will require some effort on your part. You will need to educate yourself on the life He offers and what it truly means to be born again. As a child of God, you have an inheritance and you have certain rights and privileges, but if you don't know about them, you will never enjoy them. We educate ourselves through Bible study, reading good books about biblical principles, spending time with God, and being in community with other people who are seeking God as we are. We also need a lot of patience because God is usually not in a hurry. He is always working in our lives, but we are not always aware of it.

Simply going to church once a week doesn't necessarily help you attain the upgraded life you desire. It helps, but you will have to also seek God diligently every day of your life, not just once or twice a week. God has provided countless tools for us to help us grow, but we must avail ourselves of them. I want to challenge you to set aside at least 45 minutes to an hour a day and call it your "God Time." Make it a goal, and if you need to begin with less time, that is okay because gradually you will desire more. During that time you can study your Bible, talk to God in prayer, listen to a Bible teaching, read a book that will help you understand the Bible better, or simply sit in God's presence and receive His love.

If you do this diligently, you will find over time that you have changed and are enjoying yourself and your life much more than ever before. Any good relationship requires time, and your relationship with God is no different. God has so many wonderful things in His plan for you, and during this time you will learn what they are and how to access them. You can't use what you don't know you have! For example, you have a Helper, who is the Holy

Spirit, and He is with you all the time. Anytime you need help with anything, all you need to do is ask. This and many other wonderful things are yours in Christ, so get busy learning about them and start enjoying the upgraded life Jesus died for you to have.

Declare this:

God has many good things planned for me,
and I am determined not to miss any of them.

3

A Place of Mystery

He restores my soul. He leads me in paths of righteousness for his name's sake.

Psalm 23:3

I think it is safe to say that the soul is a place of mystery. We cannot see our soul, but we can and do feel its impact on our lives. All kinds of feelings, attitudes, thoughts, imaginings, and desires fill the soul, and they are often in conflict with one another. We may feel that we want to do one thing, yet think we are not able to do it. We have many feelings we don't understand or even know where they came from. Why, for example, would a woman feel intimidated when another woman she doesn't even know walks into a room? Or why would a woman lack confidence even though she is very talented? What causes insecurity, fear of failure, abandonment, or rejection?

These problems are definitely caused by something, and we need to know what it is. There could be multiple reasons we react the way we do in specific circumstances, but we will never understand ourselves if we continue to ignore and hide from the negative feelings and strange behaviors we have. Most of them come from some emotional injury we have sustained in our lifetime that has never been healed. It is impossible to go through life and never be hurt, but whether we heal or stay wounded is up to us.

It is easy to hide from our pain and live under layers of false identities in an effort to hide the person we really are, but it takes courage to find your true self and learn to live the life you were meant to live. Have you ever thought, “I just don’t understand myself”? “What is wrong with me?” “Who am I, and what is my purpose in life?”

The way to find the answers to these questions is to look into God’s Word. In His Word, we find His plan for us and we recognize the lies we have believed, perhaps our entire life, that have been used to derail our destiny and leave us confused about our identity. I believed I would always have a second-rate life because my father sexually abused me, but in God’s Word, I found out that He could take my pain and actually make it work out for my good if I would let Him.

If you have been hurt and have a wounded soul, don’t be afraid to open your entire being to God and ask Him to heal you. Remember, healing requires facing a lot of things you may have been ignoring or hiding from for a long time. It may be a frightening thought to let the light into your darkness, but I promise that you will be glad you did.

Declare this:

I refuse to live in the dark any longer. I will take God’s hand and walk into the light and face the truth that will set me free.