



# L I F E C I R C L E S

**Healing is a  
path, not just  
a place.**

## **1 Thessalonians 5:23-24 (MSG)**

<sup>23-24</sup> May God himself, the God who makes everything holy and whole, make you holy and whole, put you together—spirit, soul, and body—and keep you fit for the coming of our Master, Jesus Christ. The One who called you is completely dependable. If he said it, he'll do it!

## **Isaiah 61:1-4 (NIV)**

<sup>1</sup> The Spirit of the Sovereign Lord is on me,  
because the Lord has anointed me  
to proclaim good news to the poor.  
He has sent me to bind up the brokenhearted,  
to proclaim freedom for the captives  
and release from darkness for the prisoners,  
<sup>2</sup> to proclaim the year of the Lord's favor  
and the day of vengeance of our God,  
to comfort all who mourn,  
<sup>3</sup> and provide for those who grieve in Zion—  
to bestow on them a crown of beauty  
instead of ashes,  
the oil of joy  
instead of mourning,  
and a garment of praise  
instead of a spirit of despair.  
They will be called oaks of righteousness,  
a planting of the Lord  
for the display of his splendor.  
<sup>4</sup> They will rebuild the ancient ruins  
and restore the places long devastated;  
they will renew the ruined cities  
that have been devastated for generations

**Sawubona:** a Zulu  
term, means,  
"I see you."

## **2 Corinthians 13:11 (NIV)**

<sup>11</sup> Finally, brothers and sisters, rejoice! Strive for full restoration, encourage one another, be of one mind, live in peace. And the God of love and peace will be with you.

## **How to receive forgiveness from God:**

- 1) Admit you, like everyone else, need new LIFE in Jesus.
- 2) Ask God to forgive your sins by the sacrifice of Jesus.
- 3) Receive new LIFE from God by trusting in Jesus as your Savior & Lord.

**You can do that right now by simply talking to God in a prayer like this:**

*Dear Lord Jesus, I know I am a sinner, and I ask for Your forgiveness. I believe You died for my sins and rose from the dead. Today, I receive you as my Savior; and I put my faith in you as my LORD. Help me to live for you all the days of my life. In Your name, Amen.*

**If you chose to follow Jesus today, text “FAITH” to 309-250-2007 to receive additional information about next steps in following Jesus.**

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### **For Further Reflection:**

:: Pastor Beth talked about the tendency we all have to mask our wounds. Where have you done that? What has ‘unmasking your wound’ looked like for you?

:: Share how you have personally experienced walking a healing path. Where have you learned to ‘cherish the wound’? Where do you see your healing connected to another?

:: Reread Isaiah 61:1-4. What part of that passage most resonates with you? Why? Where have you experienced God working on behalf of creation in these ways? How can you be a part of the rebuilding, renewing and restoring work of the kingdom of God?

:: Identify one thing you can do this week that will help that become a reality.

:: Ask someone you trust to pray for you as you seek to take that next step.

*“A wound not felt is a wound not healed.”  
- J. Eldredge*

Unless otherwise noted, today’s Scripture is from the New International Version [NIV].

Beth Cossin (@bethcossin) – July 11 & 12, 2020

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