

Lynn Valley Full Gospel Church
January 17th, 2016
Speaker: Owen Scott

Title: “*Breaking Free from Hurts, Habits and Hang-ups*”

1) How to receive healing

- a) Ask the Lord to show you root causes of your problem
 - Ephesians 5:13 – *“exposed to the light”*
- b) Confess and repent of your failure to trust Christ
- c) Confess and repent of your demanding spirit that others love and accept you.
- d) Choose to forgive those who wounded you from childhood on
 - Matthew 6:14-15
- e) Repent for your reaction to those hurts, asking forgiveness for your responses
 - 1 John 1:9
- f) Ask the Lord to heal your wounded spirit so that your heart will not be hardened

2) How to draw life from another (2 Cor. 13:5)

- a) Claim your new identity
 - Loved and accepted
 - Removing false idols