

SERMON NOTES

Title: *Good Memories and Bad II*

Text: Romans 1:2

Topic: Emotional Healing

Teacher: Pastor Barry

Time: 5/31/26

File Under: Christian Living



REVIEW: In the Old Testament God instituted holy days that were to be the means by which memories were **stirred and preserved**. While some things are hard to remember others are very, very hard to **forget**. Painful memories often have **far reaching affects**.

Painful memories manifest themselves in the following ways...

UNWORTHINESS.

PERFECTIONISM.

This is the inner feeling that says, *I should be better. I never **quite measure up.***"

SUPER SENSITIVITY.

This person tends to **feel** things other people don't **feel**.
Supersensitive people need a lot of **affirmation**. Ironically, they sometimes seem **insensitive**.
They use money and position to **hurt people**.

ANXIETY.

Their greatest fear is the fear of **failure**. Decisions are **difficult**. Faith comes **hard**.

The Holy Spirit *helps our infirmities* (Romans 8:26).

The Holy Spirit **becomes our partner** in the healing process.

Biblical principles for healing painful memories:

1. **Face your *problem* squarely.**

"Confess your faults one to another, and pray one for another, that you may be healed" (James 5:16).

2. **Accept your *responsibility* in the matter.**

You are **responsible** for your actions.

3. **Ask yourself if you want to be *healed*.** (John 5:6).

4. **Forgive those who caused your pain.**

5. **Forgive yourself.**

God forgives and **forgets**.

6. **Ask the Holy Spirit to show you how to *pray*.** (Romans 8:26).

Sometimes do not receive because we pray for **the wrong things** (James 4:3).

The Weaver

*My life is but a weaving, Between my God and me.
I cannot choose the colors, He weaveth steadily.
Oft' times He weaveth sorrow; And I in foolish pride
Forget He sees the upper, And I the underside.
Not 'til the loom is silent, And the shuttles cease to fly
Will God unroll the canvas, And reveal the reason why.
The dark threads are as needful, In the weaver's skillful hand
As the threads of gold and silver, In the pattern He has planned.*