

SERMON NOTES

Title: *Good Memories and Bad*

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 _____. While some things are hard to remember others are very, very hard to _____. Painful memories often have _____.

Painful memories manifest themselves in the following ways...

UNWORTHINESS.

PERFECTIONISM.

This is the inner feeling that says, “*I should be better. I never _____.*”

SUPER SENSITIVITY.

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

ANXIETY.

Their greatest fear is the fear of _____.
Decisions are _____. Faith comes _____.

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

The Holy Spirit becomes our _____ in the healing process.

Biblical principles for healing painful memories:

1. *Face your _____ squarely.*

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

2. *Accept your _____ in the matter.*

You are _____ for your actions.

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

4. _____ *those who caused your pain.*

5. _____ *yourself.*

God forgives and _____.

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

Sometimes do not receive because we pray for
_____ (James 4:3).

The Weaver

*My life is but a weaving, Between my God and me.
I cannot choose the colors, He weaveth steadily.
Of'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.*