

Scar Wars, Episode V: Hidden Scars

Pastor Peter Smith, 4-17-16

“When the righteous cry for help, the LORD hears and delivers them out of all their troubles. The LORD is near to the brokenhearted and saves the crushed in spirit. Many are the afflictions of the righteous, but the LORD delivers him out of them all. He keeps all his bones; not one of them is broken.”
-Psalm 34:17-20 ESV

We’ve been talking about Scars in our lives. Some are visible while others are hidden due to embarrassment, hurt or shame. **Hidden Scars: Scars we conceal from others.**

God has a Plan for Healing Hidden Scars

- Healing is often a **process**, we might say ‘Recovery’
- Groups that help: AA, NA, Celebrate Recovery (Christian version of AA)

3 areas of Hidden Scars:

Hurts – Experiencing Physical or Emotional Pain from another

Habits - A regular repeated behavior. It’s repeated so often we call it an addiction. It becomes TYPICAL of someone (You know, a label. We see someone out of control with alcohol we say they are a ‘Drunk’)

Hangups - A psychological or emotional problem about something. (anger, depression, fear, unforgiveness)

- To be honest, we all fall into one of these categories!!

- Today, I am speaking broadly to many scars

So what can we do to find healing for our hidden scars and wounds?

(To find healing)

1. We must admit our hurt / our scar to God.

“I have sinned against you—only against you—and done what you consider evil.” -Psalm 51:4, GNT

- It has to start with God.....Let Him in

AA says the 1st step to recovery, to healing, is this:

We admitted we were powerless over alcohol - that our lives had become unmanageable.

Celebrate Recovery says it this way:

Realize I'm not God; I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable.

(So we admit our hurt to God and then #2)

2. We should Reveal our Scars

“You will never succeed in life if you try to hide your sins. Confess them and give them up; then God will show mercy to you.” -Proverbs 28:13, GNT

Step 5 of AA says we should uncover our Scars:

Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

- Hidden sins are Powerful
- Hidden sins are Cyclical (hiding them reinforces / strengthens them)

Commit it, remorse, guilt....hide it;

Our guilt / shame leads us to hide our sin because of embarrassment.

It's there, and it gets a stronger foothold on / in our lives when we repeat it.

NOTE: this is not the same as posting on FB!! **Back in the day....**

(So To find healing we admit our hurt to God, we reveal our scars and then #3)

3. We should hold onto God's Promises

- **He WILL forgive, He will Deliver**

"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

-1 John 1:9, ESV

"As the scripture says, "Everyone who calls out to the Lord for help will be saved." -Romans 10:13, GNT

- **Delays in time do not mean He will not answer**

"do not forget one thing, my dear friends! There is no difference in the Lord's sight between one day and a thousand years; to him the two are the same. The Lord is not slow to do what he has promised, as some think. Instead, he is patient with you, because he does not want anyone to be destroyed, but wants all to turn away from their sins."

-2 Peter 3:8-9, GNT

Have you surrendered yet to Jesus?

NEXT STEP:

I will uncover my scar TODAY and pursue healing for my

life.

- Today I will accept Jesus into my Life
- Today I will call about a recovery group
- Today I will call to go to rehab
- Today I will confide in a friend about my Hidden Scars