

Bible Study: Revealing, Dealing With, and Healing From Heart & Soul Wounds

Theme:

“He heals the brokenhearted and binds up their wounds.” — Psalm 147:3

Objective:

To identify hidden wounds of the heart and soul, understand how they affect our relationship with God and others, and receive biblical healing and restoration through Jesus Christ.

Opening Prayer

Father, search my heart and reveal every hidden wound that has shaped my thoughts, emotions, decisions, and relationships. Give me courage to face the truth, grace to forgive, and faith to receive complete healing. Restore every broken place so that I may reflect Your love and fulfill Your purpose. In Jesus’ name, Amen.

Lesson 1: What Are Heart and Soul Wounds?

The Bible often refers to the **heart** as the center of our thoughts, emotions, desires, and will.

The **soul** consists of:

- Mind
- Will
- Emotions

Soul wounds are injuries caused by painful experiences that affect these areas.

Common Sources of Soul Wounds

- Rejection
- Abandonment

- Abuse
- Neglect
- Betrayal
- Divorce
- Loss
- Trauma
- Humiliation
- Fear
- Failure
- Bullying
- Harsh words
- Church hurt
- Broken relationships
- Unanswered prayers
- Disappointment with God

Scripture

Proverbs 4:23

“Above all else, guard your heart, for everything you do flows from it.”

Everything flows from the condition of our heart.

Lesson 2: Signs You May Have Heart Wounds

Many wounds stay hidden for years.

Jesus said:

Luke 6:45

“...Out of the abundance of the heart the mouth speaks.”

Our wounds reveal themselves through our behavior.

Emotional Signs

- Anxiety
- Depression
- Anger
- Fear

- Bitterness
- Shame
- Guilt
- Hopelessness
- Loneliness

Relational Signs

- Difficulty trusting
- Fear of intimacy
- Constant people-pleasing
- Isolation
- Jealousy
- Control
- Defensiveness

Spiritual Signs

- Feeling distant from God
- Difficulty praying
- Feeling unworthy
- Performance-based Christianity
- Constant condemnation

Scripture

Jeremiah 17:9-10

“The heart is deceitful above all things...”

Only God fully knows our hearts.

Lesson 3: Hidden Wounds Become Strongholds

Unhealed wounds often become spiritual strongholds.

Pain eventually develops into:

- Pride
- Addiction
- Unforgiveness

- Bitterness
- Lust
- Control
- Self-hatred
- Fear
- Religious performance

Scripture

Ephesians 4:26-27

“Do not let the sun go down while you are still angry, and do not give the devil a foothold.”

Unresolved pain gives the enemy opportunity.

Lesson 4: God Reveals Before He Heals

Healing begins with revelation.

David prayed:

Psalms 139:23-24

“Search me, O God, and know my heart...”

God exposes wounds—not to shame us, but to heal us.

Sometimes God reveals wounds through:

- Prayer
- His Word
- Holy Spirit conviction
- Relationships
- Counseling
- Dreams
- Life circumstances
- Triggers

Triggers often reveal places that still need healing.

Lesson 5: Jesus Came to Heal the Brokenhearted

This was one of Jesus' primary missions.

Luke 4:18

"The Spirit of the Lord is upon me... He has sent me to heal the brokenhearted..."

Healing was part of Christ's ministry—not only physical healing but emotional and spiritual restoration.

Lesson 6: Identifying Root Wounds

Many outward behaviors have inward roots.

Examples

Fear

- Root: abandonment or trauma

Perfectionism

- Root: rejection or performance-based acceptance

Control

- Root: insecurity or betrayal

People Pleasing

- Root: fear of rejection

Anger

- Root: hurt or injustice

Bitterness

- Root: unforgiveness

Jesus Always Dealt With Roots

Matthew 15:18-19

“What comes out of the mouth proceeds from the heart...”

God is interested in root systems.

Lesson 7: The Healing Process

Step One

Admit the Pain

Psalms 34:18

“The Lord is close to the brokenhearted...”

Healing begins with honesty.

Step Two

Bring It to Jesus

1 Peter 5:7

“Cast all your anxiety on Him because He cares for you.”

Step Three

Forgive

Forgiveness is releasing the debt.

It does not mean:

- Trust is instantly restored.
- The offense was acceptable.
- Justice no longer matters.

It means surrendering vengeance to God.

Scriptures

Matthew 6:14-15

Colossians 3:13

Ephesians 4:31-32

Step Four

Repent Where Necessary

Sometimes our wounds caused sinful responses.

Examples

- Hatred
- Pride
- Manipulation
- Sexual sin
- Addiction

Scripture

1 John 1:9

Step Five

Replace Lies With Truth

Many wounds create false beliefs.

Examples

“I am unwanted.”

Truth:

Isaiah 43:1

“I have called you by name; you are Mine.”

"I am alone."

Truth:

Hebrews 13:5

"I will never leave you."

"I am worthless."

Truth:

Ephesians 2:10

"We are His workmanship."

Lesson 8: Healing the Soul

Romans 12:2

Transformation happens through renewing the mind.

Healing requires replacing old thought patterns.

Practical disciplines include:

- Daily Scripture meditation
 - Prayer
 - Worship
 - Christian community
 - Wise counsel
 - Journaling
 - Obedience to God's Word
-

Lesson 9: The Role of the Holy Spirit

The Holy Spirit comforts, convicts, teaches, and restores.

John 14:26

John 16:13

Romans 8:26

Healing is not merely psychological; it is a work of God's Spirit renewing the whole person.

Lesson 10: Healing Relationships

Many wounds affect relationships.

Healing includes:

- Healthy boundaries
- Wise trust
- Honest communication
- Reconciliation when appropriate
- Loving others from wholeness instead of woundedness

Romans 12:18

"If it is possible... live peaceably with all men."

Lesson 11: Healing Takes Time

Some heal instantly.

Others heal gradually.

Ecclesiastes 3:3

"...a time to heal..."

Do not confuse process with failure.

God continues His work.

Philippians 1:6

"He who began a good work in you will carry it on to completion..."

Lesson 12: Maintaining Freedom

Jesus warned:

Matthew 12:43-45

Deliverance without transformation leaves room for old patterns to return.

Stay rooted by:

- Remaining in God’s Word
- Maintaining prayer
- Walking in forgiveness
- Being accountable
- Guarding your heart
- Living in community

Biblical Examples of Heart Wounds and Healing

Person	Wound	Healing
Joseph	Rejection, betrayal	Forgiveness and promotion (Genesis 37–50)
Hannah	Shame and ridicule	Prayer and God’s favor (1 Samuel 1)
David	Betrayal, grief, guilt	Repentance and restoration (Psalms; 2 Samuel)
Naomi	Loss and bitterness	Hope restored through Ruth (Book of Ruth)

Peter	Failure and denial	Restoration by Jesus (John 21)
The Samaritan Woman	Rejection and broken relationships	Living water and new identity (John 4)
The Woman With the Issue of Blood	Isolation and shame	Healing and acceptance (Mark 5:25–34)
Mephibosheth	Trauma and shame	Restored to the king's table (2 Samuel 9)

Reflection Questions

1. What painful experiences have shaped your view of yourself, others, or God?
 2. Are there recurring emotional reactions that may point to an unhealed wound?
 3. Who do you need to forgive?
 4. What lies have you believed because of your wounds?
 5. What biblical truths replace those lies?
 6. What habits or strongholds may have developed from unresolved pain?
 7. How is God inviting you to trust Him with your healing today?
-

Memory Scriptures

- Psalm 147:3
- Proverbs 4:23
- Psalm 139:23–24
- Isaiah 61:1–3
- Luke 4:18
- Ezekiel 36:26
- Romans 12:2
- 2 Corinthians 10:3–5
- Ephesians 4:31–32
- Philippians 1:6

- 1 Peter 5:7
 - Hebrews 4:15–16
-

Healing Declaration

Father, I acknowledge every wound, disappointment, rejection, betrayal, fear, and hurt that has affected my heart and soul. I surrender them to You. Search me and reveal every hidden place that needs Your touch. I choose to forgive those who have hurt me, just as You have forgiven me. I reject every lie that says I am unloved, unwanted, or unworthy, and I receive the truth that I am Your child, redeemed by the blood of Jesus, chosen, accepted, and deeply loved. Heal my memories, renew my mind, restore my emotions, and strengthen my will. Create in me a clean heart, renew a steadfast spirit within me, and fill every broken place with Your peace, joy, and Holy Spirit. From this day forward, I choose to walk in freedom, wholeness, and the abundant life Christ has given me. In Jesus' name, Amen.

Additional Scriptures for Deeper Study

God's Promise to Heal

- Psalm 34:18
- Psalm 147:3
- Isaiah 57:15
- Isaiah 61:1–3
- Jeremiah 30:17
- Hosea 6:1

Renewing the Mind

- Romans 12:2
- Philippians 4:6–9
- Colossians 3:1–17
- 2 Corinthians 10:3–5

Identity in Christ

- Ephesians 1:3–14
- Romans 8:1, 14–17, 31–39
- 2 Corinthians 5:17
- 1 Peter 2:9–10

Freedom and Restoration

- John 8:31–36
- Galatians 5:1
- Joel 2:25–27
- Revelation 21:3–5

This study can be used as a **6–12 week discipleship series**, with each lesson expanded into a full teaching session that includes discussion, prayer, guided reflection, journaling exercises, and opportunities for personal ministry and inner healing.