

Finding Strength To Keep Moving Forward

Grow: The Way of Transformation

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But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him. ³⁴He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him. ³⁵The next day he took out two denarii and gave them to the innkeeper. 'Look after him,' he said, 'and when I return, I will reimburse you for any extra expense you may have.' **Luke 10:33-35**

Main Idea: You can't move forward and grow when you are stuck in your pain. To move forward you have to find healing and freedom from the things that are holding you back.

I. Identify What's Holding You Back

When I kept silent, my bones wasted away, through my groaning all day long. ⁴For day and night your hand was heavy on me; my strength was sapped as in the heat of summer. **Psalm 32:3-4**

II. Share It With A Friend

**Trust God enough to entrust yourself to people.*

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. **James 5:16**

III. Allow Jesus To Heal Your Hurts

The LORD is close to the brokenhearted and saves those who are crushed in spirit. **Psalm 34:18**

The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners,... **Isaiah 61:1**

(See also Isaiah 42:3, Psalm 32:5, Colossians 3:13)

IV. Help Others Who Are Struggling

Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. ²Carry each other's burdens, and in this way you will fulfill the law of Christ. **Galatians 6:1-2**