

Discerning a Heart Wound That Needs Healing

A heart wound allows negative energy (thoughts and emotions) to pressure you from within.

Check off any categories in which you are experiencing this “negative energizing:”

Most Common Heart Wounds

- 1. Fear, doubt, unbelief
- 2. Anger, hatred, rage, bitterness
- 3. Rejection, abandonment, loneliness
- 4. Financial lack, poverty, failure

Other Common Heart Wounds

- 5. Sensuality, lust, pornography
- 6. Depression, hopelessness, despair
- 7. Grief, loss, sorrow
- 8. Shame, guilt, condemnation

“Lord, what heart wound do You want to heal today?”

Fix your eyes on Jesus, tune to spontaneous thoughts and journal what comes to you...