

## **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...**