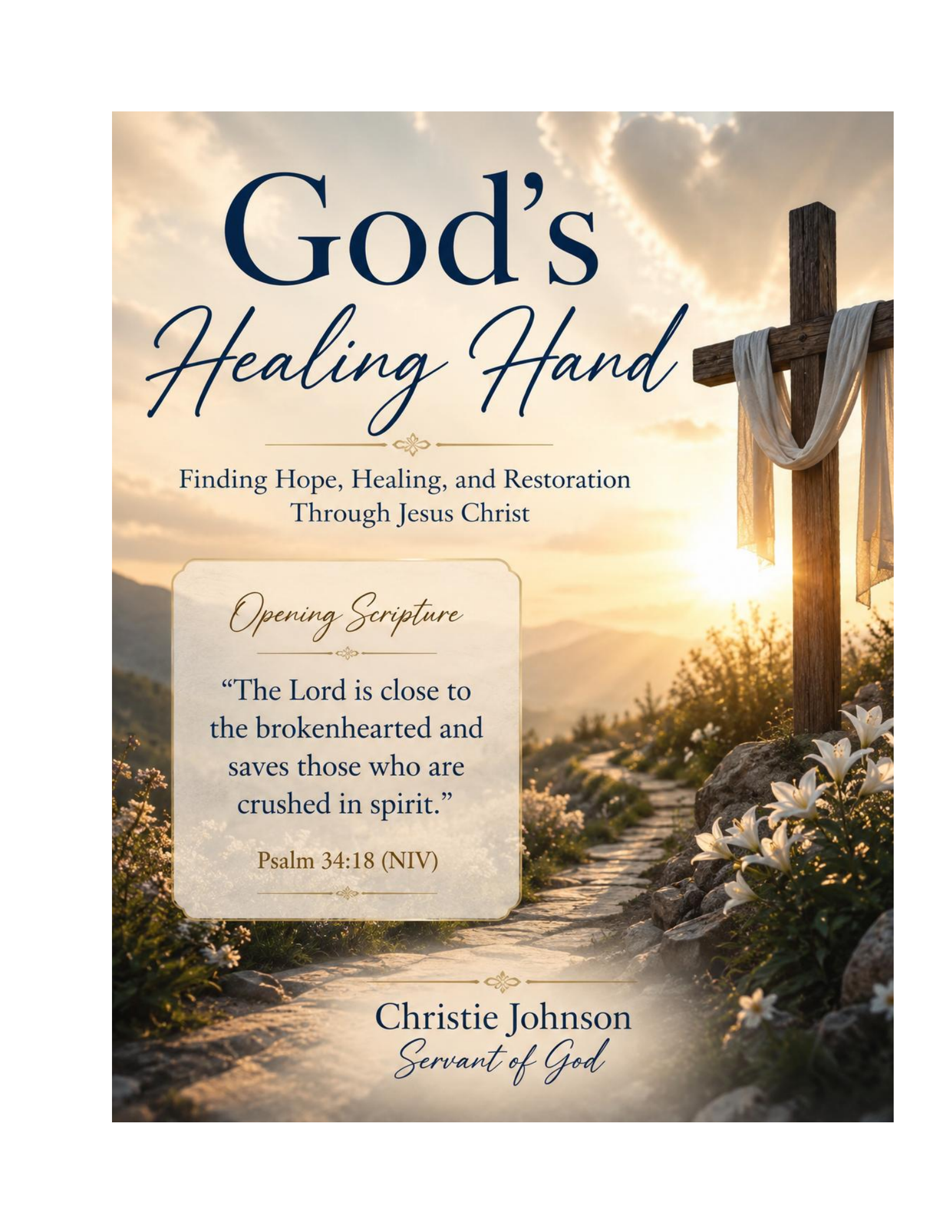




God's *Healing Hand*

Finding Hope, Healing, and Restoration
Through Jesus Christ

Opening Scripture

“The Lord is close to
the brokenhearted and
saves those who are
crushed in spirit.”

Psalms 34:18 (NIV)

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Unless otherwise noted, all Scripture quotations are taken from the Holy Bible, New Living Translation (NLT).

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It is not intended to replace the care of a local church, pastoral counsel, professional counseling, legal advice, medical treatment, or mental health services. If you are facing circumstances that require professional assistance, please seek help from qualified professionals while continuing to trust the Lord for His wisdom, comfort, healing, and strength.

A Personal Note

Thank you for taking the time to study God's Word through this resource.

My prayer is that every page points you to Jesus Christ rather than to me. Any wisdom found in these pages comes from God's Word and from His faithful work in my own life. My desire is simply to faithfully teach His Word, encourage your walk with Him, and help you continue growing into the disciple He has created you to be.

Wherever you are in your spiritual journey, I pray this study strengthens your faith, deepens your understanding of God's truth, and encourages you to live as a faithful follower of Jesus Christ.

“Pointing people to the hope, healing, and transformation found in Jesus Christ.”

Contact

If this resource has encouraged you and you would like additional Bible studies, discipleship resources, leadership materials, or prayer, I would be honored to hear from you.

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Introduction

Every person experiences wounds in life. Some are visible, while others remain hidden deep within the heart. Rejection, betrayal, grief, disappointment, abandonment, failure, and loss often leave scars that shape how we think, relate to others, and even understand God. Although our experiences differ, the longing for healing is universal.

When life leaves us broken, we naturally search for relief through relationships, accomplishments, distractions, or our own strength. While these may provide temporary comfort, they cannot heal the deepest wounds of the soul. Only the One who created us can restore what has been broken by sin, suffering, and the hardships of life.

Throughout Scripture, God reveals Himself as the compassionate Father who draws near to the brokenhearted. He does not ignore our pain or expect us to carry it alone. Instead, He invites us to come to Him with our burdens, promising His presence, His comfort, and His unfailing love.

His purpose is not simply to remove our suffering but to use it to deepen our relationship with Him and to transform us into the likeness of Jesus Christ.

This truth is more than a biblical doctrine to me—it is my testimony. Through seasons of grief, rejection, disappointment, loss, and unanswered questions, I have discovered that God never abandons His children. Instead, He faithfully meets them during their suffering, revealing His love, sustaining grace, and healing presence in ways they might never experience apart from hardship. Although these lessons were strengthened through my doctoral studies in Christian Leadership at Liberty University, they were first learned by walking daily with Christ through the realities of life.

The purpose of this paper is to encourage those carrying emotional, relational, or spiritual wounds to look beyond their circumstances and fix their eyes on Jesus Christ. He is the Great Physician, the Restorer of broken hearts, and the faithful Savior who continues to heal, strengthen, and transform all who place their trust in Him. No matter how deep the wound or how difficult the journey, our story is never beyond God's power to redeem.



How God Met Me in My Brokenness

Throughout my life, I have experienced seasons of deep hurt that left wounds far beyond what others could see. Like many people, I carried the pain of rejection, abandonment, criticism, broken relationships, and disappointment. Those experiences shaped how I viewed myself, influenced my relationships, and often left me wondering whether life would ever truly change.

One of the most difficult seasons of my journey came after the loss of my husband. Grief touched every part of my life, bringing loneliness, uncertainty, and questions I never expected to face. Along with that loss came unexpected disappointments and seasons of isolation that seemed too heavy to bear. There were days when I wondered if I would ever experience joy again.

Yet those painful years taught me that following Christ does not exempt us from suffering. Even after many years of walking with the Lord, old fears resurfaced, discouragement settled into my heart, and I found myself wrestling with emotions I thought I had already overcome. Through those struggles, God showed me that spiritual maturity is not the absence of pain but the willingness to bring every burden to Him in faith.

Looking back, I can now see God's faithful hand at work in every season. He patiently drew me back to His Word, reminded me of His promises, and taught me to depend on His strength rather than my own. Although He did not always remove my pain at once, He never left me to walk through it alone.

As the years have passed, I have realized that God's greatest work was not simply changing my circumstances but transforming my heart. He has replaced fear with greater trust, despair with hope, and self-reliance with a deeper dependence on His grace. My healing journey is still unfolding, but today I no longer see only the wounds of my past. I see the faithfulness of a God who has been present in every chapter of my life, redeeming my brokenness and transforming it into a testimony of His healing grace.

My story is not about the pain I have endured but about the Savior who has carried me through it all.



What God's Word Teaches

One of the greatest truths revealed in Scripture is that God is never distant from our suffering. Throughout the Bible, He reveals Himself as a compassionate Father who draws near to the brokenhearted. *Psalm 34:18 declares, "The Lord is close to the brokenhearted and saves those who are crushed in spirit."* This promise reveals the very heart of God. He sees our pain, understands our struggles, and faithfully walks with us through every season of life. God's healing reaches far beyond our emotions or circumstances. Although He sometimes brings immediate deliverance, He often works through the hardships we face to renew our hearts, strengthen our faith, and conform us to the image of Jesus Christ.

His greatest work is not always changing our circumstances but transforming us.

This pattern is seen throughout Scripture. Joseph endured betrayal before God used him to preserve a nation. David experienced rejection, fear, and failure before becoming a king after God's own heart. Naomi's grief became part of God's plan of redemption. Peter was restored after denying Christ and became a bold witness for the gospel. In every case, God did not waste the suffering but redeemed it for His glory and the good of His people.

The New Testament continues this same message. Jesus invites the weary and burdened to come to Him and find rest (*Matthew 11:28–30*). Paul reminds believers that God's grace is sufficient, His power is made perfect in weakness, and nothing can separate us from His love in Christ Jesus (*2 Corinthians 12:9; Romans 8:38–39*). *Romans 8:28* also assures us that God works all things together for the good of those who love Him. This does not mean every hardship is good, but that God can redeem what sin, suffering, and a fallen world have broken, producing deeper faith, Christlike character, compassion for others, and a testimony that points to Jesus Christ.

The message of God's Word is unmistakable: true healing is found not merely in the removal of pain but in the presence of the Savior. As we walk with Christ, He heals our deepest wounds, restores our hope, renews our minds, and transforms our hearts. Though our circumstances may not change at once, we can rest in the assurance that God is faithful, His grace is sufficient, and His healing work will continue until the day we are made complete in His presence.



Living This Truth

Understanding that God is my healer has changed the way I face life's difficulties. It has not removed every struggle, erased every painful memory, or answered every question. Instead, it has given me confidence to face each day knowing I do not walk alone. The same God who carried me through grief, rejection, disappointment, and loss continues to walk beside me today.

As I have grown in Christ, I have learned that healing is not measured by the absence of pain but by God's transforming work within the heart. There are still days when grief resurfaces, old wounds remind me of past hurts, or unexpected circumstances test my faith. Yet those moments no longer lead me to despair as they once did. Instead, they remind me to turn to the Lord, trusting that His grace is sufficient and His strength is made perfect in weakness.

Each day, God invites me to surrender my burdens to Him again. Through prayer, His Word, and the work of the Holy Spirit, He renews my mind and teaches me to see my life through His truth rather than the pain of my past. Little by little, He has replaced fear with peace, bitterness with forgiveness, discouragement with hope, and self-reliance with deeper dependence on Him.

Perhaps you are carrying burdens that seem too heavy to bear. You may be grieving a loss, struggling with wounds from the past, or facing disappointments that have left you questioning God's plan. Do not lose heart. God sees every tear, understands every burden, and knows every fear hidden within your heart. Nothing about your life is beyond His loving care.

His invitation is beautifully simple: come to Him. Bring Him your brokenness, unanswered questions, disappointments, and fears. You do not have to wait until you feel stronger or until every wound has healed. He welcomes you as you are and promises to walk with you every step of the journey.

As you trust Him one surrendered day at a time, His healing restores your heart and shapes your life to reflect Jesus Christ.



How This Truth Shaped My Ministry Calling

As I reflect on the journey God has taken me through, I can see that His healing was never intended to stop with me. Every season of brokenness, every lesson learned, and every step of restoration has prepared me to encourage others who are walking through similar struggles. The wounds that once caused me to question God's plan have become opportunities to witness His faithfulness and proclaim the hope found in Jesus Christ.

Throughout my doctoral studies in Christian Leadership, God continued confirming what He had already been teaching me through life experiences. He showed me that true spiritual formation is not simply about gaining knowledge of Scripture but about allowing His truth to transform every area of our lives. As He has patiently healed my heart, He has also given me a greater compassion for people who feel overwhelmed by grief, rejection, loneliness, disappointment, or the weight of their past. I have come to understand that some of the greatest ministry opportunities begin where God's healing has been most evident in our own lives.

Today, I know that God has called me to minister to broken, hurting, and spiritually weary people by pointing them to the healing, hope, and restoration that are found in Jesus Christ. My desire is not to offer temporary encouragement or human solutions but to help people discover the life-changing power of God's Word, the comfort of His presence, and the transforming work of the Holy Spirit. I want others to know that they are never beyond God's reach, never forgotten by His love, and never without hope when they place their trust in Christ.

Every paper I write, every Bible study I develop, and every opportunity God gives me to serve is rooted in this conviction: the Lord is still close to the brokenhearted, and He is still transforming lives today. If my journey helps someone take one step closer to Jesus, trust Him more deeply, or believe that healing is possible through His grace, then God has used even my deepest wounds for His glory.

That is the ministry God has placed on my heart—to walk alongside those who are hurting, to faithfully teach His Word, and to remind every person I meet that our greatest hope is not found in ourselves but in the loving hands of the Great Physician, Jesus Christ, who continues to heal, restore, and make all things new.





Closing Scripture

*"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not faint."
Isaiah 40:31*



Prayer of Thanksgiving

Heavenly Father,

Thank You for being the Great Physician who lovingly heals the brokenhearted and restores weary souls. Thank You for Your unfailing love, endless patience, and faithfulness throughout every season of my life. Even when I could not see Your hand at work, You never left me. Through every disappointment, every loss, every unanswered question, and every painful circumstance, You have remained constant and have proven Yourself faithful through every season.

Thank You for using my brokenness to draw me closer to You. Thank You for replacing fear with faith, despair with hope, and sorrow with the peace that can only be found in Your presence. Thank You for reminding me that my identity is not found in my wounds or my past but in Jesus Christ, my Savior and Redeemer.

Lord, I pray that everything written in these pages brings honor and glory to Your name. May my testimony never become the focus, but may it always point others to the hope, healing, and restoration that are found in Jesus Christ alone. Continue using every part of my life to encourage those who are hurting and to proclaim the truth that You are still transforming lives today.

Thank You for allowing me to serve You and for entrusting me with the privilege of sharing Your Word with others. I give You all the praise, all the honor, and all the glory, because every good thing in my life is a testimony of Your amazing grace.

In the precious name of Jesus Christ,

Amen.

A Prayer for the Reader

Gracious Heavenly Father,

I lift every person who has taken the time to read these pages. You know the burdens they carry, the wounds they hide, the tears they have cried, and the questions they may be afraid to ask. Nothing in their lives is hidden from You, and nothing is beyond Your loving care.

Lord, comfort those who are grieving, strengthen those who are weary, and remind those who feel rejected that they are fully loved and accepted in Jesus Christ. Where there is fear, bring peace. Where there is discouragement, renew hope. Where there is pain, pour out Your healing grace.

Help them trust You with every part of their story, even the chapters they do not yet understand. Draw them closer to Jesus Christ, transform them through the power of Your Holy Spirit, and fill them with the unshakable hope found in Your promises.

Thank You for loving them with an everlasting love and for never leaving nor forsaking those who place their trust in You. May they walk forward with renewed faith, confident that Your healing hand is upon their lives and that You are making all things new.

In the precious and powerful name of our Lord and Savior, Jesus Christ,

Amen.

Prayerfully prepared by

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