

Rebuilding the Home

How to Heal the Hurt in Your Home

Pastor Kendall Granger, Lead Pastor
Part 3 of 5, pastor@newlifeestl.com

MEMORY VERSE:
"Unless the Lord builds the house, the builders labor in vain. Unless the Lord watches over the city, the guards stand watch in vain."
Psalm 127:1 (NIV)

"He heals the brokenhearted and bandages their wounds." **Psalm 147:3 (NLT)**

Strong homes are built on healed hearts—not _____ people.

1. ACKNOWLEDGE THE _____.
"The Lord is close to the brokenhearted and saves those who are crushed in spirit." **Psalm 34:18 (NIV)**

Healing always begins with honesty.

This is not about _____ everything is okay. It's about _____ God enough to heal what isn't.

MY NEXT STEP TODAY IS:

- ✓ I will memorize **Psalm 127:1 (NIV)**
- ✓ I will join the New Life church family
- ✓ I will accept Christ for the first time today
- ✓ I will sign up for the next baptism

Join us on our **Prayer Line** by calling (712)832-7030.
Enter access code, 1919#.
The prayer line is open daily from 6am-7am CST.

To stay connected to **ALL THINGS NEW LIFE** on social media:



Please scan the QR codes below to access the connection card and giving link:



Connection Card



Giving Code

WE SAY THINGS LIKE:

- "It wasn't that bad."
- "That's just how my parents were."
- "We don't talk about that."
- "I'm fine."

Action Steps:

- _____ **God into your pain through prayer.**
- _____ **honestly, not impressively.**
- **Create safe conversations at home.**
Listen to understand, not to defend. Healing starts when truth is welcomed.

2. RELEASE _____.

*"Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, **forgiving one another**, just as God through Christ has forgiven you."* **Ephesians 4:31–32 (NLT)**

And until forgiveness is released, healing remains

_____.

Forgiveness definition: Forgiveness means I choose to let go of my demand for payback, revenge, or emotional compensation. It is the decision to stop holding someone hostage to their offense and to stop allowing their wrong to control my heart, thoughts, or future.

Action Steps:

- _____ **down an offense you need to release.**
Naming it helps you surrender it.
- **Pray a _____ prayer.**
"God, I choose to forgive (let go of _____) — please help and heal me."

3. RESTORE EMOTIONAL _____.

"Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Above all, clothe yourselves with love, which binds us all together in perfect harmony." **Colossians 3:12–14 (NLT)**

A healthy home is not a courtroom where everyone is on trial. It is a _____ where people are allowed to heal.

Action Steps:

- **Speak _____ intentionally.**
Replace sarcasm with encouragement.
- **Affirm each family member _____.**
Words build emotional walls or tear them down—choose wisely.