

C
R
A
S
H



Run Free

April 26th, 2009


RUN FREE



```

graph LR
  A[Non Followers] --> B[Consumers]
  B --> C[Contributors]
  C --> D[Core Followers]
  
```


C
R
A
S
H



RUN FREE

- 1 John 1:5f, "God is light; in him there is no darkness at all. If we claim to have fellowship with him yet walk in the darkness, we lie and do not live by the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin."

**C
R
A
S
H**




RUN FREE

(1) The first key to the healing of the soul is self-awareness. You have to live in reality.

- Walk in the light (1 Jn 1) – The Holy Spirit convicts us & shows us the truth. (e.g., integrity gap; defending; stomping)
- Discover underlying issues; Jesus said, “Out of the overflow of the heart the mouth speaks.” (Splinters – e.g., fear of not being loved/conflict)
- God cannot heal that which we will not admit.

**C
R
A
S
H**




RUN FREE

(2) We have to enter the process of healing the soul:

- Repent and receive forgiveness for your sins. We have to experience forgiveness. (Ps 32) (“I’ve never told anyone this...”)
- Forgive those who sin against you. Festering anger diseases the soul. (Ephesians 4:26-27, 32) (Mt 18 – tormenters) (depression)
- Renew the mind – (John 8:31) Re-position the foundation - The issue of your value...

**C
R
A
S
H**



RUN FREE

(2) We have to enter the process of healing the soul:

- Allow Jesus to heal the soul wounds. Healing prayer. (Mt. 8:1-4) (Leanne Payne)

