



I. INTRO/REVIEW

A. Message/series review

- Most of the stuff we carry around comes from one of two places
 - The past
 - People

B. Instead of freedom we've learned to cope – walk with a limp

Proverbs 18:14 (KJV) ¹⁴ The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?

II. SETTLING

A. A little known story

Genesis 11:27-28 (NLT) ²⁷ This is the account of Terah's family. Terah was the father of Abram, Nahor, and Haran; and Haran was the father of Lot. ²⁸ But Haran died in Ur of the Chaldeans, the land of his birth, while his father, Terah, was still living.

Genesis 11:31-32 (NLT) ³¹ One day Terah took his son Abram, his daughter-in-law Sarai (his son Abram's wife), and his grandson Lot (his son Haran's child) and moved away from Ur of the Chaldeans. He was headed for the land of Canaan, but they stopped at Haran and settled there. ³² Terah lived for 205 years and died while still in Haran.

- In order to get to where God wanted them to go Terah had to face perhaps his greatest relational wound so they could accomplish what God wanted them to accomplish

III. LESSONS FROM TERAH

A. Whenever you have a relational wound

- **Keeps us from reaching our potential**

Psalm 73:21-22 (NLT) ²¹ Then I realized that my heart was bitter, and I was all torn up inside. ²² I was so foolish and ignorant— I must have seemed like a senseless animal to you.

- **Keeps us from Building healthy relationships**

Hebrews 12:15 (NLT) Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

- **Keeps us from a life giving relationship with God**

1 John 4:20 (TLB) ²⁰ If anyone says "I love God," but keeps on hating his brother, he is a liar; for if he doesn't love his brother who is right there in front of him, how can he love God whom he has never seen?



Mark 11:25 NLT “When you are praying, first forgive anyone you are holding a grudge against so that your Father in heaven will forgive your sins too.”

B. The reality is that until we get the horizontal issues right the vertical won't work as well

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

IV. THE HEALING PROCESS

A. The process

2 Corinthians 10:3-5 (NIV) ³ For though we live in the world, we do not wage war as the world does. ⁴ The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵ We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

- Expose your hurt to the healer

Psalm 32:3 (TLB) There was a time when I wouldn't admit what a sinner I was. But my dishonesty made me miserable and filled my days with frustration.

- Release the people involved

Matthew 18:21-22 (NLT) ²¹ Then Peter came to him and asked, “Lord, how often should I forgive someone who sins against me? Seven times?” ²² “No, not seven times,” Jesus replied, “but seventy times seven!”

1 Peter 2:23 (NLT) ²³ He did not retaliate when he was insulted, nor threaten revenge when he suffered. He left his case in the hands of God, who always judges fairly.

- Refocus on God's plan for my life

Job 11:13-16 (GNT) ¹³ Put your heart right, Job. Reach out to God. ¹⁴ Put away evil and wrong from your home. ¹⁵ Then face the world again, firm and courageous. ¹⁶ Then all your troubles will fade from your memory, like floods that are past and remembered no more.