

# Healing Avoidant – Bible Verse Guide

## 1. Psalm 34:18

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

### Reflection:

Where have you felt abandoned or unseen? Invite God to meet you there and bring healing.

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## 2. Isaiah 41:10

*"So do not fear, for I am with you; do not be dismayed, for I am your God."*

### Reflection:

What fears keep you from opening your heart? How would your life look if you trusted God's nearness?

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## 3. Ezekiel 36:26

*"I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh."*

### Reflection:

Is there a part of your heart that's become hardened? What would it mean to let God soften it?

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## 4. Romans 5:3-5

*"Suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame."*

### Reflection:

How has your pain shaped you? Can you see how God might be building character through it?

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## 5. Colossians 3:13

*"Bear with each other and forgive one another... Forgive as the Lord forgave you."*

### Reflection:

Is there someone you need to forgive to release yourself from bitterness?

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## 6. 1 John 4:18

*"There is no fear in love. But perfect love drives out fear."*

### Reflection:

What would it look like to love (or be loved) without fear or walls?

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## 7. 2 Corinthians 12:9

*"My grace is sufficient for you, for my power is made perfect in weakness."*

### Reflection:

What weakness are you trying to hide? How could God's grace be stronger than your shame?

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## 8. Philippians 1:6

*"He who began a good work in you will carry it on to completion until the day of Christ Jesus."*

### Reflection:

In what areas do you doubt your healing? What if God is still working even when you don't see it?

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## 9. James 5:16

*"Confess your sins to each other and pray for each other so that you may be healed."*

### Reflection:

Who is a safe person you can be honest with about your struggles? Healing begins with honesty.

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## 10. Lamentations 3:22-23

*"Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning."*

### Reflection:

What would it look like to wake up tomorrow believing today's mistakes don't define you?