

Being saved by Jesus means you're a new creation. But sanctification is a process; healing old wounds and addressing sin takes time. There's a gap between who you are now and who God is shaping you to be. Though fully saved, you're not yet perfectly healed. We carry patterns from family and culture that don't match Jesus' way. The good news? We can break free from the past and grow into the life God designed for us.

PRAY ABOUT IT

- **Morning:** *God, help me face my past wounds and trust Your healing as I grow in You today.*
(Read Psalm 34:17-22; Psalm 147:3-11)
- **Afternoon:** *Lord, break the power of my old patterns. Guide me toward the life You intend for me.* (Read Psalm 32:1-7)
- **Evening:** *Father, thank You for saving me. Heal my heart and renew my hope as I rest.*
(Read Psalm 30:8-12)

WRITE ABOUT IT

What past wounds or patterns am I still carrying, and how can I invite Jesus to begin healing and transforming them today?

SHARE ABOUT IT

- What does it mean to you to be a “new creation” but still in the process of healing?

- What kinds of emotional or spiritual baggage do you think people often carry, even after coming to faith? _____

- How have your family or cultural background influenced patterns in your life that don't align with Jesus' way? _____

- What helps you recognize when old wounds or sin patterns are holding you back? _____

SHARE ABOUT IT

- What practical steps can you take to move toward the life God intends for you? _____

- How does knowing you are saved but still being sanctified affect your view of grace and growth? _____

- What does it mean to you to be a “new creation” but still in the process of healing? _____

DO SOMETHING ABOUT IT

Explore your “Family of Origin” by identifying one unspoken rule or belief that shapes your emotions or faith.

ADDITIONAL RESOURCES

- *The Relational Soul* by James Cofield and Richard Plass
- *The Soul of Shame: Retelling the Stories We Believe About Ourselves* by Curt Thompson
- *Do Yourself a Favor* by Joyce Meyer