



## **Keep Your Wound Clean**

*Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow. — Psalm 51:7*

**You have been wounded.**

**You have suffered pain.**

**Your heart has been broken.**

**Perhaps trust was shattered, betrayal cut deeply, or trauma left scars that others cannot see.**

**Now what?**

**Is this where your story ends?**

**Absolutely not.**

**God is still the Great Physician.**

**He is able to clean your wound, stop the bleeding, and make the repairs necessary for healing to begin. No wound is too deep for Him. No heart is too broken. No situation is beyond His ability to restore.**

**All you have to do is bring your wound to Him.**

**But there is something important about healing that many people overlook.**

**A wound can be treated, but if it is not kept clean, infection can set in.**

**The same is true spiritually.**

**After you've been hurt, the enemy will try to contaminate your wound with unforgiveness, bitterness, resentment, malice, anger, hatred, pride, and thoughts of revenge.**

**These things are like spiritual bacteria.**

**At first, they may seem justified.**

**"They hurt me."**

**"They deserve to suffer."**

**"They don't deserve my forgiveness."**

**"They don't deserve grace."**

**But what begins as a hurt feeling can become a dangerous infection if left unchecked.**

**Bitterness spreads.**

**Anger grows.**

**Resentment hardens the heart.**

**Before long, the wound that God was trying to heal becomes poisoned.**

**Just as physical sepsis can spread throughout the body, spiritual infection can spread throughout the heart, mind, and soul.**

**It affects how we think.**

**How we love.**

**How we trust.**

**How we worship.**

**How we relate to God and others.**

**Many people remain wounded not because God is unwilling to heal them, but because they continually allow contamination back into the wound.**

**Every day, they revisit the offense.**

**Every day, they nurture the bitterness.**

**Every day, they replay the hurt.**

**And every day, the infection grows.**

**The enemy wants your wound infected because infected wounds heal slowly.**

**But God wants your wound clean because clean wounds heal properly.**

**Do not allow Satan and his lies to lead you down the dark path of disobedience and self-righteousness.**

**It's easy to justify bitterness when you've been deeply hurt.**

**It's easy to believe that revenge will make you feel better.**

**It's easy to think that withholding forgiveness somehow punishes the other person.**

**But in reality, unforgiveness often imprisons the one carrying it.**

**Think about it.**

**The person who hurt you may have been operating under the influence of sin, selfishness, pride, or spiritual blindness. Their actions were not a reflection of Christ.**

**So how will they ever see Christ if His followers refuse to demonstrate His love, mercy, and forgiveness?**

**Forgiveness does not excuse what happened.**

**Forgiveness does not call evil good.**

**Forgiveness does not mean there should be no consequences.**

**Forgiveness simply means you are releasing the burden of judgment into God's hands instead of carrying it yourself.**

**You are trusting God to handle what you cannot.**

**You are refusing to let someone else's sin become your infection.**

**Every day, ask God to cleanse your heart.**

**Every day, surrender the hurt again.**

**Every day, choose forgiveness again.**

**Every day, wash your wound with God's truth instead of the enemy's lies.**

**Healing is not usually a one-time event.**

**It is a daily choice to keep your wound clean.**

**And as you do, you'll discover something beautiful:  
The wound that once caused so much pain becomes a  
testimony of God's healing power.**

### **Prayer**

**Father, thank You for being the One who heals the brokenhearted and binds up their wounds. Search my heart and reveal any bitterness, resentment, anger, or unforgiveness that is contaminating the healing process. Cleanse me with Your truth and help me release every offense into Your hands. Give me the strength to forgive as You have forgiven me and to trust You with justice. Keep my heart soft, my spirit clean, and my eyes fixed on You. In Jesus' name, Amen.**

### **Reflection:**

**A wound does not become infected overnight—it happens little by little. Guard your heart daily and refuse to allow bitterness to contaminate what God is healing.**

**What the enemy infects, God can cleanse. What God cleanses, He can heal. What God heals, He can use for His glory.**

**Be blessed everyone!**

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