



# Free for Women; Finding Freedom and Healing for Your Past

*Barbara Jane Wilson*

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## **Free for Women; Finding Freedom and Healing for Your Past** Barbara Jane Wilson

Free: Finding Freedom and Healing From Your Past is a study providing forgiveness, freedom, healing and hope to those who've been wounded by their sexual past, whether through choices of their own or other's choices forced upon them. An estimated 95% of people today have sex before marriage, a recent survey has discovered. The sexual revolution promised freedom, fun and pleasure but has delivered pain, shame and wounding instead. The result? Present lives and marriages that are haunted by the past. Shame, regret, sexual dysfunction, broken relationships, struggling marriages, an empty spiritual life--all because of sexual bonding in our pasts. In other words, you've had sex. But now sex has you. Until you heal. If you've asked for forgiveness--you've been forgiven, without question. But healing is different. Forgiveness reconciles us to God, but healing reconciles us to us, and then to others. Barbara's book, *The Invisible Bond: How To Break Free From Your Sexual Past* (Multnomah Publishers 2006) has pioneered the way for men and women to discover the truth about sexual bonding and how it has impacted them. Hearts have been opened to hear the message and begin the healing process. This companion Bible Study takes the healing journey to a greater depth by walking men and women through a grieving process for their sexual pasts, breaking the bonds from past sexual relationships, reversing the lies we've ingrained with God's truth and enabling us to re-bond in present or future relationships. Step by step the reader will walk the path Barbara took on her own healing journey as well as many others since.

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