How God Heals Your Hurts

> **JOHN 16:33**
>
> *“In this world you will have trouble.”*

Relational hurt is the most difficult kind of hurt to endure, whether it is caused intentionally or unintentionally. We need to learn how to deal with it. **So how do you deal with the hurt?**

STEP 1

Acknowledge your hurt

> **PSALM 32:3**
>
> *“There was a time when I wouldn’t admit my sin, but my dishonesty made me miserable and filled my days with frustration.”*

- Don’t suffer in silence.
- Don’t ignore your problem; we always postpone what is painful.
- Procrastination turns minor problems into major ones.
- Time does not heal everything.

STEP 2

Deal with your hurt head on

> **PSALM 55:6, 8**
>
> *“I wish I had wings like a dove. I’d fly away and find some rest. I’d flee to some refuge from all this storm.”*

- Trying to escape your hurt doesn’t solve it.
- God will keep giving you situations that require you to face it, so that you can grow.

STEP 3

Reveal your hurt to your house church family

> **PSALM 39:2-3**
>
> *"I kept quiet, not saying a word, but my suffering only grew worse, and I was overcome with anxiety. The more I thought, the more troubled I became."*

- We are so good at pretending everything is fine, or at finding temporary solutions that only cover the hurt.
- Concealing a hurt only intensifies it.
- We are all imperfect, so lean on one another.

STEP 4

Work on healing your hurt

> **PSALM 55:2**
>
> *"...I am worn out by my worries."*

- Worrying is playing God. It assumes a responsibility He never intended for us to carry.
- Don't just worry about your problems: **pray** about them, and **work** on them.

STEP 5

Release your hurt

> **PSALM 73:21-22**
>
> *"When my thoughts were bitter and my feelings were hurt... I did not understand you."*

- Don't resent it; release it.
- The one thing more harmful than your hurt is becoming resentful. Resentment is a poison that becomes worse than the hurt itself.
- The past cannot hurt you unless you allow it. Too many people let what happened years ago bleed into the present.
- **For spouses:** Instead of turning against each other, turn together against the problem.

STEP 6

Move forward from your hurt

PSALM 130:1-2

"From the depths of my despair, I called to you Lord. Hear my cry, Lord – listen to my call for help."

PSALM 142:2-3

"I bring God all my complaints. I tell him all my troubles. When I'm ready to give up, he knows what I should do."

- Stop living in your hurt and residing in your pain. Don't quit; don't give up.
- Some of us are so full of hurt that any small hurt or stress devastates us, because our cups are already full.
- Jesus will free you, regardless of what you have been through.

QUESTION FOR REFLECTION

What hurts are you carrying in your heart?