

- They are hurtful memories that you keep secret that cause you pain
- Things you don't see on the outside but exist in someone's heart
- Apostle Peter gives 4 keys to Healing
- **Key #1: Forgive the One who Hurt You**
 - **1 Peter 4:1** - "since Christ suffered while he was in his body, strengthen yourself with the same way of thinking Christ had..."
 - Christ had physical hurts but he had the hidden hurts as well so he knows the ones we carry
 - **Luke 23:34**: "Jesus said, 'Father forgive them, for they do not know what they are doing.'"
 - **Biblical Reasons to Forgive**:
 - ◆ We forgive others not because they deserve it, but because God forgave us for everything.
 - ◆ We are never going to stop hurting until we forgive and release the hurt.
 - ◆ Resentment always only hurts the one who holds it.
- **Key #2: Fix Your Heart on God**
 - **1 Peter 4:2**: "From now on, live the rest of your earthly lives controlled by God's will, not by human desires."
 - **Getting over a hurt is a choice**. Focus on the healer, not on the hurt.
 - God will always make things good, even from the bad things that happen to us.
 - **1 Peter 2:23**: "When Jesus suffered, he did not threaten to get even; he left his case in the hands of God who always judges fairly."
 - God sees everything, he knows all our hurts. He even keeps a record of all our tears (Psalm 56:8).
 - Let God settle the score, he sees and remembers all, and will bring balance.
- **Key #3: Look Forward**
 - **Job 11:13-16**: "Put your heart right, reach out to God, then face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more."
 - Replace old memories with new ones, the key to forgetting is to focus on the future, look to God.
 - **Psalms 34:17**: "The Lord hears good people when they cry out to him, and he saves them from all their troubles."
 - Everyone tries to throw earthly remedies at their pain. Like drugs, traveling, alcohol, social media, dating, etc. but none of those things ever last.
 - Jesus is the ONLY lasting solution.
- **Key #4: Lean on your House Church for Support**
 - God never created us to solve problems on our own
 - You'll never be fully healed until you can share your hurts with someone else
 - **1 Peter 4:8-9**: "Above all, love each other deeply, because love covers over a multitude of sins. Offer hospitality to one another."
 - Fill your life with God and love from others
 - One of the purposes of a church family is to encourage each other
 - **Matthew 11:28**: "Jesus: 'Come to me if you are weary and overburdened and I will give you

rest."