

WORKING THROUGH YOUR HURT

June 28 & 29, 2008

WHERE TO START THE PROCESS OF WORKING THROUGH MY HURT

- **All of us will experience significant hurt within our lifetime.**

“Life is tough. It’s that simple. If you don’t agree, you simply have not lived long enough.”

Chuck Swindoll

11 I have cried until the tears no longer come; my heart is broken. My spirit is poured out in agony as I see the desperate plight of my people....

Lamentations 2:11

47 We are filled with fear, for we are trapped, devastated, and ruined." 48 Tears stream from my eyes because of the destruction of my people!

Lamentations 3:47-48

- **The first step in the healing process is to acknowledge that you’re hurting.**

WHAT NOT TO DO WHEN WE HURT

“Fight”

- **Don’t worry or attempt to control the situation**

2 Surely resentment destroys the fool, and jealousy kills the simple. 3 I have seen that fools may be successful for the moment, but then comes sudden disaster.

Job 5:2

- **Don’t hold on to the feelings of anger & bitterness**

4 You may tear out your hair in anger, but will that destroy the earth? Will it make the rocks tremble?

Job 18:4

“Flight”

- **Don’t ignore the hurt**

2 But as I stood there in silence— not even speaking of good things— the turmoil within me grew worse. 3 The more I thought about it, the hotter I got, igniting a fire of words:

Psalms 39:2-3

- **Don’t run from the pain**

6 Oh, that I had wings like a dove; then I would fly away and rest! 7 I would fly far away to the quiet of the wilderness. 8 How quickly I would escape— far from this wild storm of hatred.

Psalms 55:6-8

- **Don’t Hide your hurt**

4 My heart is in anguish within me; the terrors of death assail me... 16 But I call to God, and the LORD saves me.

Psalms 55:4 & 16

HOW THE “MAN OF SORROWS” CAN HELP US WORK THROUGH OUR HURT

- **Identify & connect your hurt with the pain and suffering that Christ endured for you.**

3 He was despised and rejected— a man of sorrows, acquainted with deepest grief. We turned our backs on him and looked the other way. He was despised, and we did not care.

Isaiah 53:3

15 This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin.

Hebrews 4:15

Jesus identifies with our emotional & relational hurt

- ✓ Betrayed by his friend- **Matthew 26:14 -15**
- ✓ Saying goodbye to his closest friends- **Matthew 26:29**
- ✓ Let down by friends when he needed them most- **Matthew 26:39-40**

Jesus identifies with our physical pain

- ✓ Falsely accused, spit on, and severely beaten- **Matthew 26:67**
- ✓ Ultimately nailed to a wooden cross facing death by suffocation

Jesus identifies with our spiritual hurt & disconnection

- ✓ Experiencing spiritual separation from God the Father at the moment of His death as He paid the full price for our sins in that moment- **Matthew 27:46**

- **Let Jesus settle the score instead of looking for revenge.**

7 God blesses those who are merciful, for they will be shown mercy.

Matthew 5:7

- **Let Christ sooth your wounds.**

3 He heals the brokenhearted and bandages their wounds.

Psalms 147:3

- **Let Jesus satisfy your needs.**

5 You prepare a feast for me in the presence of my enemies. You honor me by anointing my head with oil. My cup overflows with blessings.

Psalms 23:5

- ✓ **Let Jesus satisfy your need for hope- Romans 15:13**
- ✓ **Let Jesus satisfy your need for love- 1 Thessalonians 3:12**
- ✓ **Let Jesus satisfy your need for joy- John 16:24**

Next Steps

- **How will you begin to acknowledge your hurt?**
- **Have you ever thought about talking to someone about your hurt?**
- **Is there a group here at Bethel that might help in the healing process?**