



Handle Hurt God's Way

APRIL 2022

It's impossible to live insulated from the possibility of being hurt. We're surrounded by imperfect people with flaws and shortcomings, and sooner or later someone says or does something that hurts us. Family, friends, or church hurt can drive us away from where we need to be. We can even get hurt in grace-based relationships; however, there is a way we can overcome it.

This area of hurt is detrimental to forward progress in our Christian lives. We're living in a generation of hurting people, and a lot of the bad things we see on the news stems from hurt. If not dealt with correctly, hurt turns to anger; anger turned inward causes depression. As spirit beings living in physical bodies, we need to know just how dangerous this emotion is to us. ***"The human spirit can endure a sick body, but who can bear a crushed spirit?"*** (Proverbs 18:14, *NLT*).

We've all heard the nursery rhyme, "Sticks and stones can break my bones but names will never hurt me." That's wrong; what people say **can** hurt us deeply. There's power in our words and we have the potential to wound someone with our careless speech. There are a million ways to get hurt. Someone can lie or gossip about us or we can be misunderstood and rejected because of others' shortcomings. Where it comes from is less important than how we handle it. Handling hurt the world's way fosters resentment and

unforgiveness; dealing with it God's way heals us emotionally.

People can have sharp tongues and make cutting remarks. We have the power to either hurt or heal, depending on what we say. The Bible backs this up. ***"Some people make cutting remarks, but the words of the wise bring healing"*** (Proverbs 12:18, *NLT*). One of the greatest difficulties in life is avoiding being hurt, but we need to understand this because hurt feelings rob us of God's blessings. Letting hurt stick around is like letting a robber who wants to steal everything you have keep messing with your mind. ***"The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly"*** (John 10:10, *ESV*). Going to the Word of God every time our feelings get hurt gives us a weapon against it.

If we get stuck in this emotion, we can't move on in life. The devil will keep reeling us back to the thing that hurt us, and our entire view of life will become distorted. Looking at something from a place of hurt gives us a false view. We want to build our lives on a solid foundation, but letting hurt color our thinking cripples our decision-making ability.

We've got to stop finding our reference point in past pain; we can't change what happened before. Life is fleeting; if we don't want to die with unresolved hurt

DON'T HAVE A VICTIM MENTALITY

then we need to hold a funeral for whatever hurt us, say goodbye to it, and move on. Make a decision to forgive and let go of bitterness and anger. Our point of reference *should* be that, as born-again believers, we're new creatures with no past. Because we're new creatures, we can be happy, overcome our past, and walk in love and forgiveness. To accept this is to agree with God's Word. *"Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new"* (2 Corinthians 5:17).

No matter what people do to us, we don't need to have a victim mentality. We have to use God's Word to rise above hurt and refuse to let it defeat us. Using God's Word (instead of our pain) as our frame of reference puts us in the driver's seat and gives us control over hurt, instead of letting hurt control us.

Taffi and I love you and pray for you every day. May the blessing of God be on you and your family. Remember, Jesus is Lord, and "...in all of your getting, get understanding."

In Expectation,



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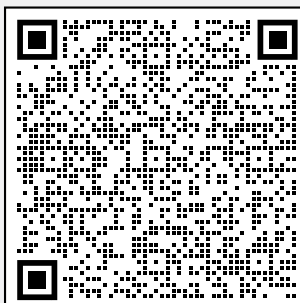
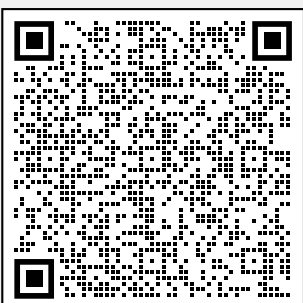
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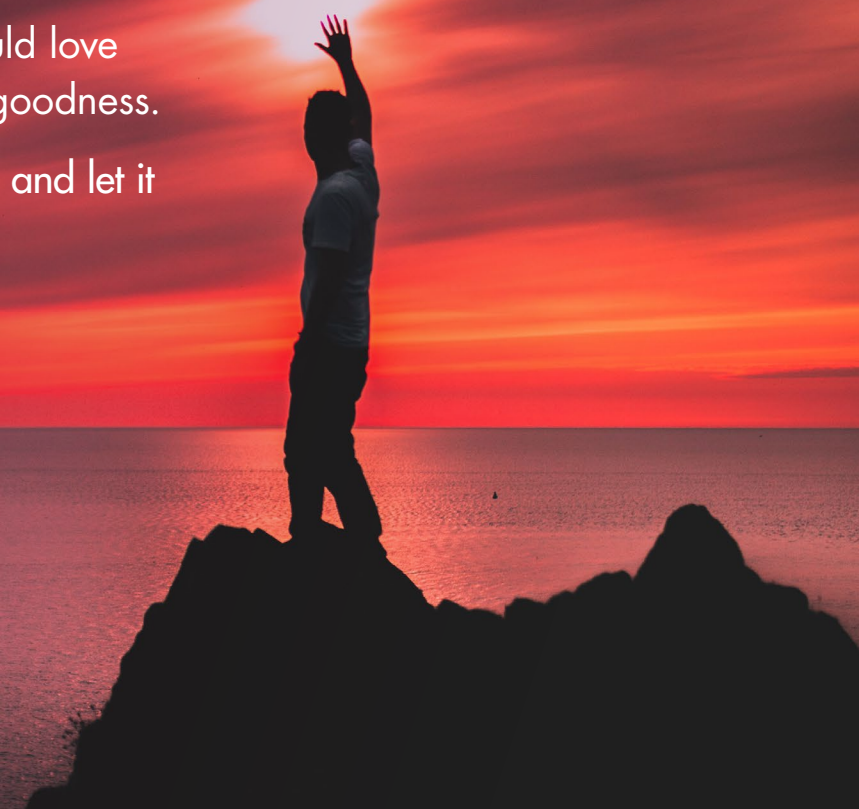
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