

How to Overcome Hurt

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Scripture References

Psalms 147:3	2 Corinthians 5:17
Proverbs 18:14	1 Peter 5:7
Proverbs 12:18	1 Peter 2:19, NASB
Proverbs 12:18, NLT	

Summary

Everyone has emotions, and everyone at some point in time will experience hurt. We live in a world filled with hurting people, and hurt people tend to say hurtful things to others. Unkind, cruel words from others can hurt us inside; hurt feelings rob us of God's blessings. The potential for getting our feelings hurt is real, and the enemy wants to bring us to a place where we do not want to deal with this painful emotion. However, God's will is for us to be delivered and healed from negative emotions. As born-again Christians, we know hurt must be dealt with immediately. The Word teaches us how to handle it when it happens. Using the believers' authority we have over our feelings allows us to let go of the emotional pain and move on with our lives.

A. We must refuse to allow hurt to be our motivation in living our lives. This blocks our joy.

1. He healeth the broken in heart, and bindeth up their wounds (Psalm 147:3).
 - a. No doctor can heal a broken heart; only God can do that.
 - b. The world has no regard for, or belief in, the things of God. Therefore, what the world tells us to do to obtain emotional healing does not always work.
2. The spirit of a man will sustain his infirmity; but a wounded spirit who can bear? (Proverbs 18:14).
 - a. We cannot live joyful lives with wounded spirits. When our spirits are wounded, we cannot access God's blessings very well because we cannot release our faith to receive what God has made available to us.
 - b. A wounded spirit is a serious problem; if we bury our emotions, eventually they will bury us.
 - c. It is God's will for us to be delivered and healed from hurt.
3. Words can hurt; they can also heal.
 - a. There is that speaketh like the piercings of a sword: but the tongue of the wise is health (Proverbs 12:18).
 - b. Some people make cutting remarks, but the words of the wise bring healing (Proverbs 12:18, NLT).
4. There are two reasons why we should not build on a foundation of hurt.
 - a. It will distort our decisions and viewpoints about everything in life.
 - b. It will make us bitter and prevent us from moving forward.

B. Being in Christ promotes emotional healing; it helps us move forward despite the past.

1. 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).

- a. We must stop using past hurts as our point of reference. Doing so keeps us stuck in a past painful experience.
- b. *Christ* must be our point of reference; He enables us to move forward.
- c. We must learn to let go of the old, and get rid of the emotional baggage that drags us down.
- d. Casting all your care upon him; for he careth for you (1 Peter 5:7).
- e. We must dismiss what others have done to us, not nurse it and rehearse it.
- 2. There are three noticeable characteristics of hurt people.
 - a. They are always unpleasant to be around. They dwell on their past and expect others to read their minds. They carry their emotions on their sleeve.
 - b. Hurt leads to anger; this anger is sometimes turned inward, producing depression. Hurt people feel sorry for themselves and lose the initiative to fight off negative feelings.
 - c. Hurt people make bad decisions. They base their decisions on protecting their feelings instead of their futures.

C. Holding on to a painful experience from our past hurts our relationships with others.

- 1. There are right ways and wrong ways to handle hurt; we must avoid the wrong ways.
 - a. The natural response to avoid being hurt is to do the hurting first. The problem with this is that we reap what we sow.
 - b. We can harden our hearts, but this prevents us from hearing from God. It then blocks us from forming healthy relationships that bless us.
 - c. We can pretend we are not hurt, but this puts us out of touch with reality. It also invites more mistreatment because we appear to be unmoved by what happened.
 - d. We can decide not to trust anyone. However, refusing to trust causes us to be cynical and suspicious of everyone involved in our lives. Closing off our hearts cuts us off from godly relationships.
- 2. We must trust God, first, before we can trust any other human being.
 - a. Trusting in the Holy Spirit allows Him to direct us and minister to us in our relationships with others.
 - b. Responding to hurt the right way causes the supernatural to show up in our lives.
 - c. For this *finds* favor, if for the sake of conscience toward God a person bears up under sorrows when suffering unjustly (1 Peter 2:19, *NASB*).
 - d. There is a grace, administered by the Holy Spirit, which helps us bear up under sorrows when we are suffering unjustly.

For more on how using our authority in the emotional realm enables us to push past hurt, click on the link below for the CD, *How to Overcome Hurt*.

<https://bit.ly/HowtoOvercomeHurtCD>

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