

April 24/25, 2010

Healing the Hurting You

1. Everyone has been hurting, everyone gets broken in life, everyone carries a wound that comes as a result of living in a fallen, sinful world. *Genesis 37:2-8*

2. Hurts often come from those we trust, wounding words that are said in a moment of angry passion, or affirming words left unspoken that we desperately needed to hear. Words said and words left unsaid can seem to set a course for our life. *James 3:2-5*

3. Hurts also come from the way we are treated by the ones we trust; sometimes things we didn't ask for happen to us and leave a hurt in our soul that we try to cover up. *Genesis 37:18-28*

4. One of the deepest, most penetrating questions we wrestle with in life is, "God, where were you when I was being hurt, and why did you allow this hurt in my life?" *Genesis 39:19-21a*

How about the "Why?" What good can possibly come from being hurt?

Psalms 30:5b; Psalm 30:11-12; Romans 8:17-18

Hurting times:

- put us into the flow of God's love
 - give us opportunity to become dependent on His strength
 - present the choice to truly believe God is good
 - develop hope in what really matters: eternity
 - allow us to identify with Christ
 - are used by God to bring out the best version of you
- Romans 8:28-31*

Okay, so I have hurts and you have hurts. What does God want to do with the hurting me?

1. Jesus wants to heal the hurting you; let Him heal you. *Luke 4:18*

- Identify and admit I carry a hurt**
- Recognize the walls I have constructed to protect me**
- Get in the flow of God's love to be healed**
- Forgive those who have hurt me**
- Let the flow of God's love and acceptance dismantle the wall of protection I have built up, so I'm free to dream again; free to be me for Him!**

Genesis 45:1-11

2. Let God use your healed hurts to be a part of His redemption plan for those He brings into your life. Be willing to share your battle scars so others may be healed.

2 Corinthians 1:3-4; Genesis 50:20

Discussion Questions

1. How has hurt in your life been used by God to bring out the best version of you?
2. What passion for ministry has been influenced by a healed hurt in your life?
3. How is God using your healed hurt experience as a part of His redemption plan for people in your life?