WE EXIST TO HONOR GOD MAKE DISCIPLES #encpHGMD

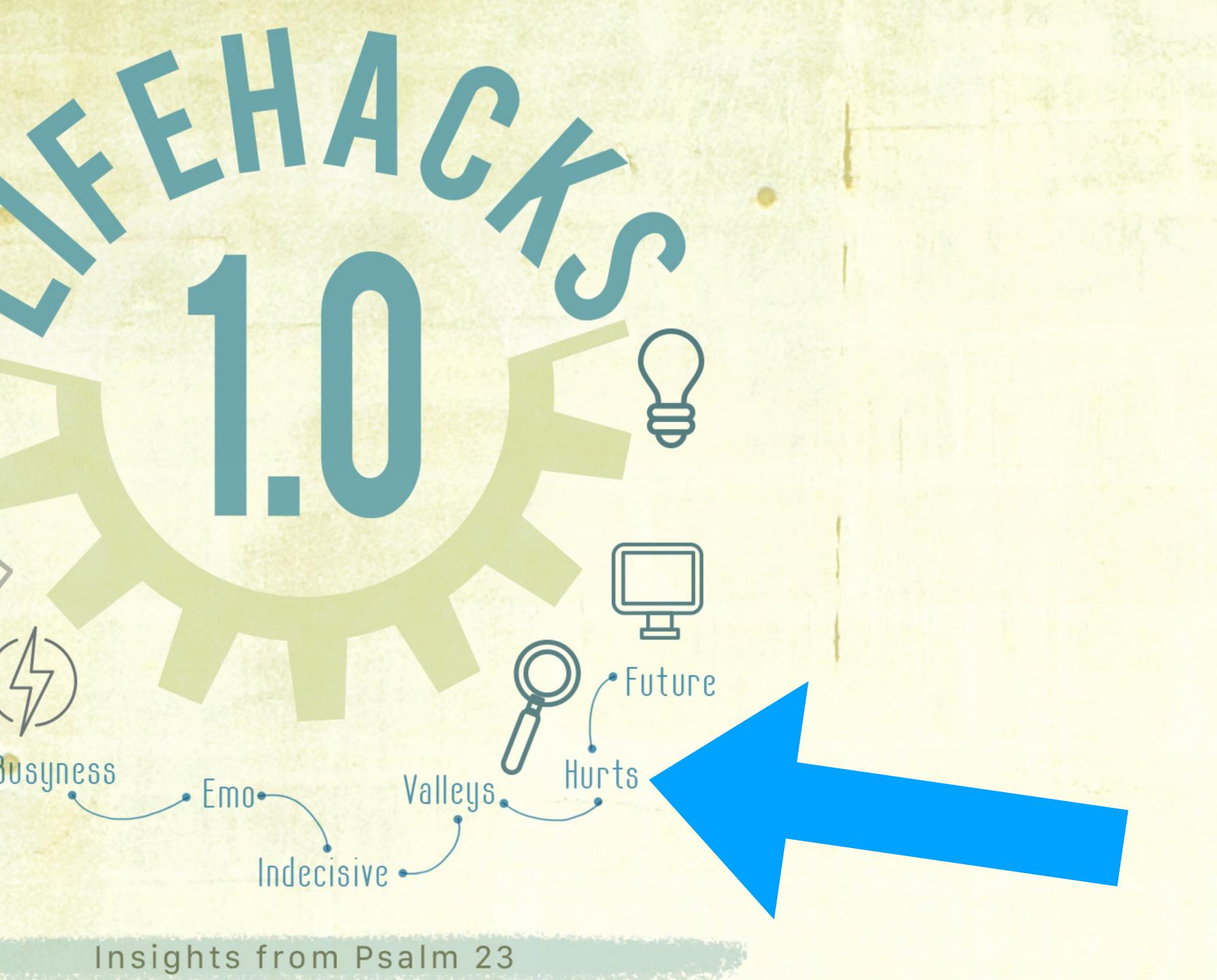




Busyness

Worry

Emo-



WHAT IS HURT?

Dictionary:-A. Physical – to feel pain in a part of your body; or to injure someone or cause them pain. **B.** Emotional – to cause emotional <u>pain</u> to someone

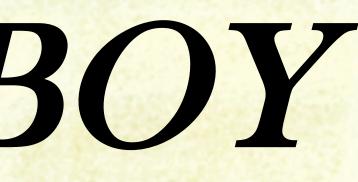








Story of a LITTLE BOY



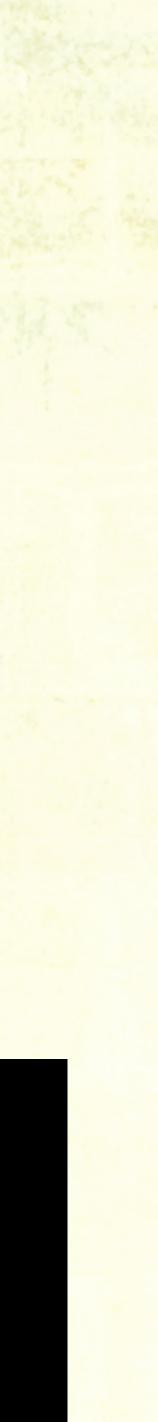
Is there anything WRONG with HURTS?

...it is how we react that is wrong!

LIFE-HACKS FOR HURTS

•WHAT'S GOD'S ANTIDOTE FOR HURTS **•INSIGHTS FROM PSALM 23**

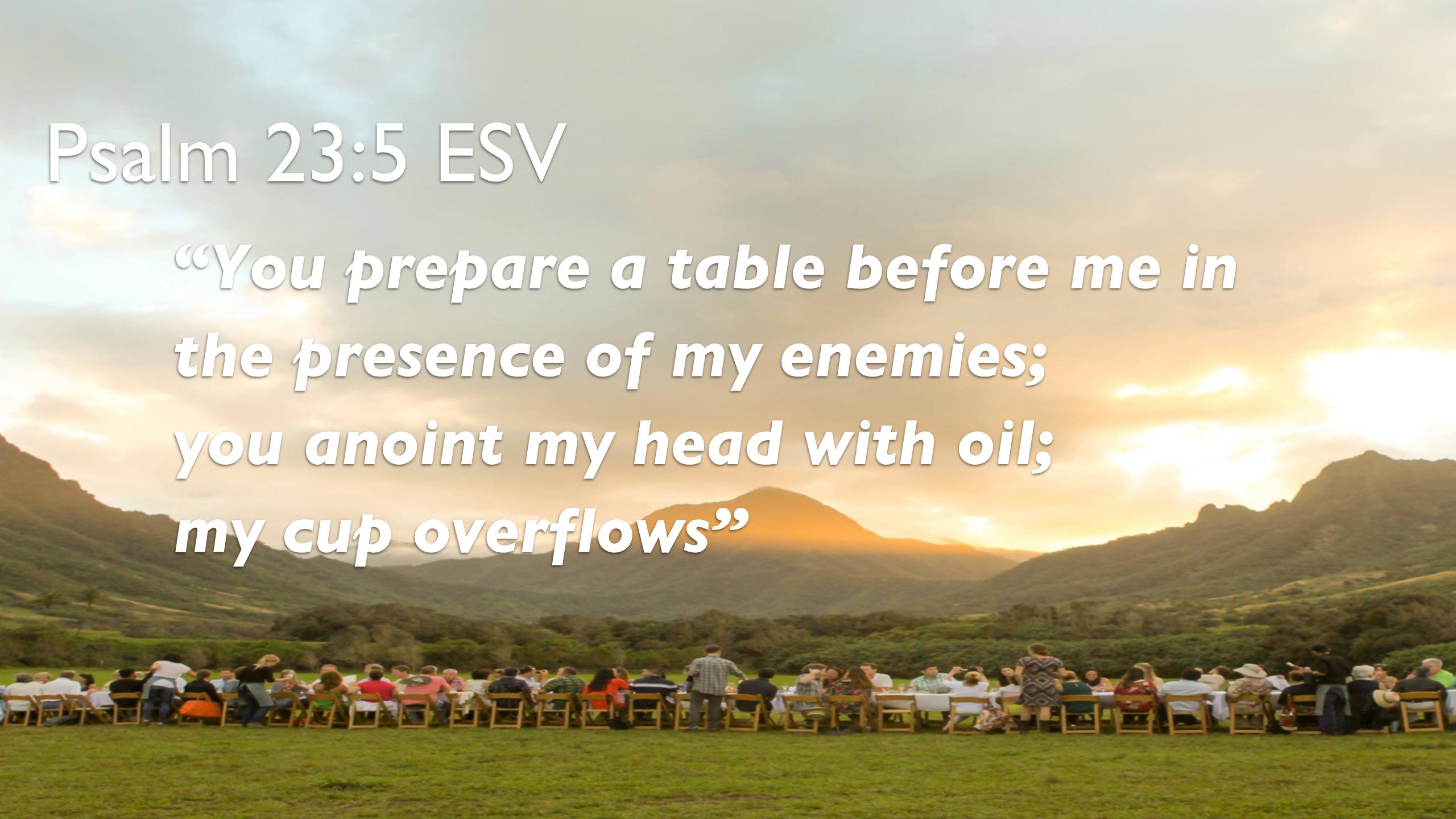




Psalm 23:5 ESV

the presence of my enemies; you anoint my head with oil; my cup overflows,

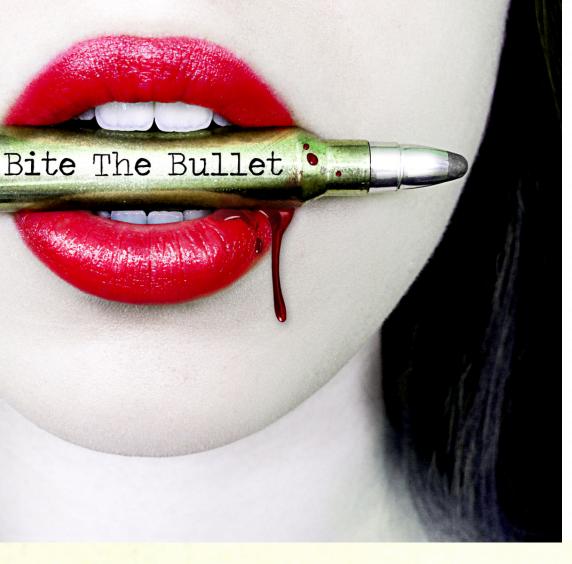
"You prepare a table before me in



I. Don't IGNORE it

People who really miss or suffer usually suffer in silence

www.StatusMind.com







I. Don't IGNORE it Flat out Denial Minimizing it

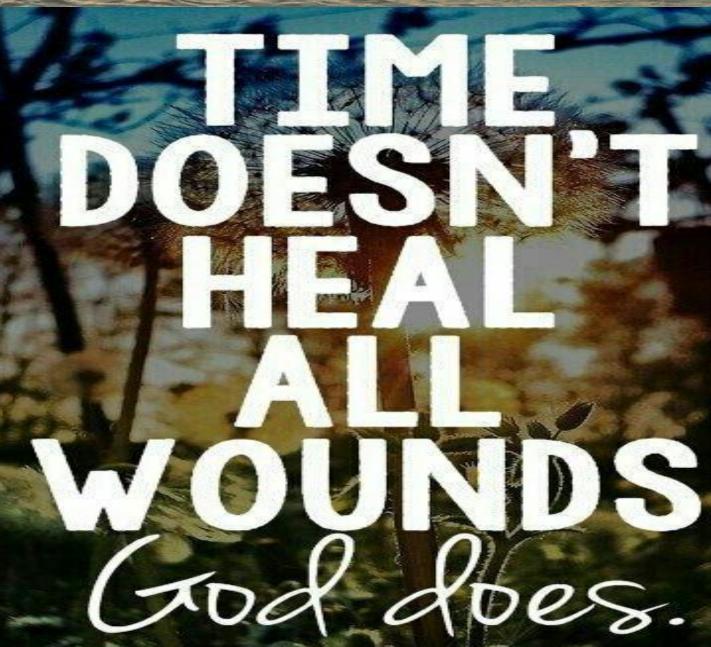
• Procrastinate

Time heals all wounds.

My therapist told me "Time heals all wounds", So I stabbed him. Now we wait...

Stephen King

(quotefancy

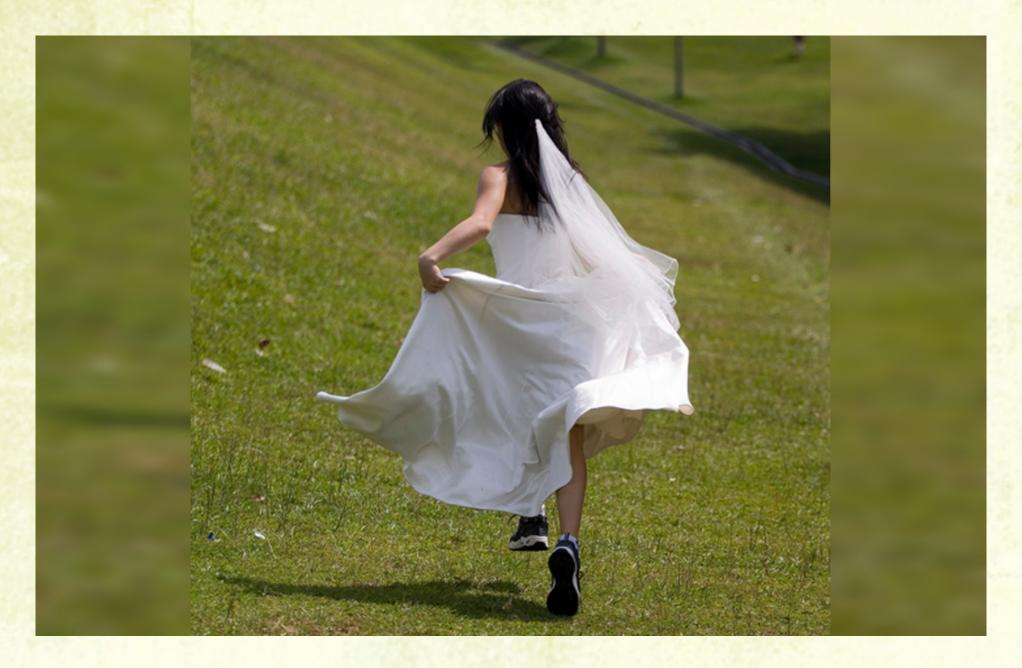


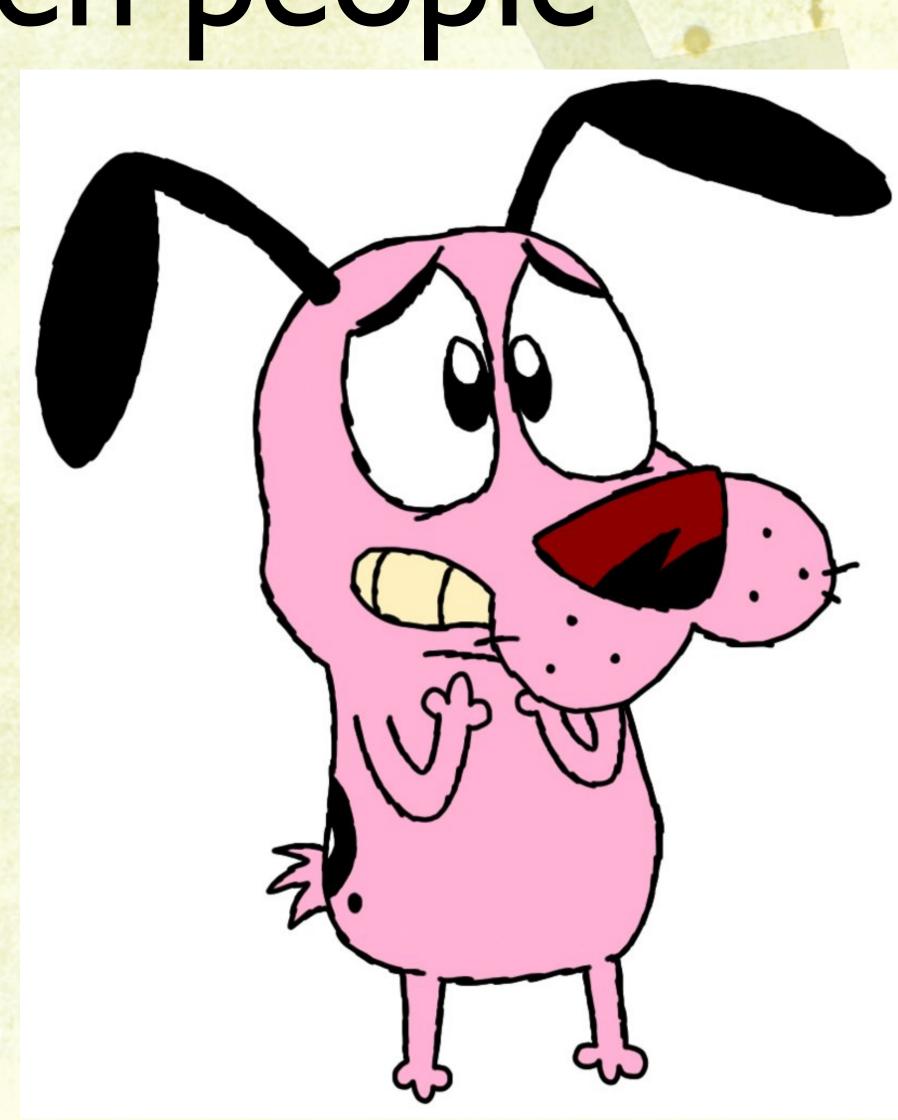


Psalms 39: 2-3 NCV

"I kept very **quiet**... but I became even more **upset**. I became very **angry** inside, and as I thought about it, my **anger** burned..."

2. Don't RUN from it





Psalms 55:6 & 8 NCV

"⁶I wish I had wings like a dove. Then I'd fly away and rest. ⁸I would hurry to my place of escape..."

Travel Bloggers Reveal

The 12 best places for a weekend away



3. Don't **HIDE** it







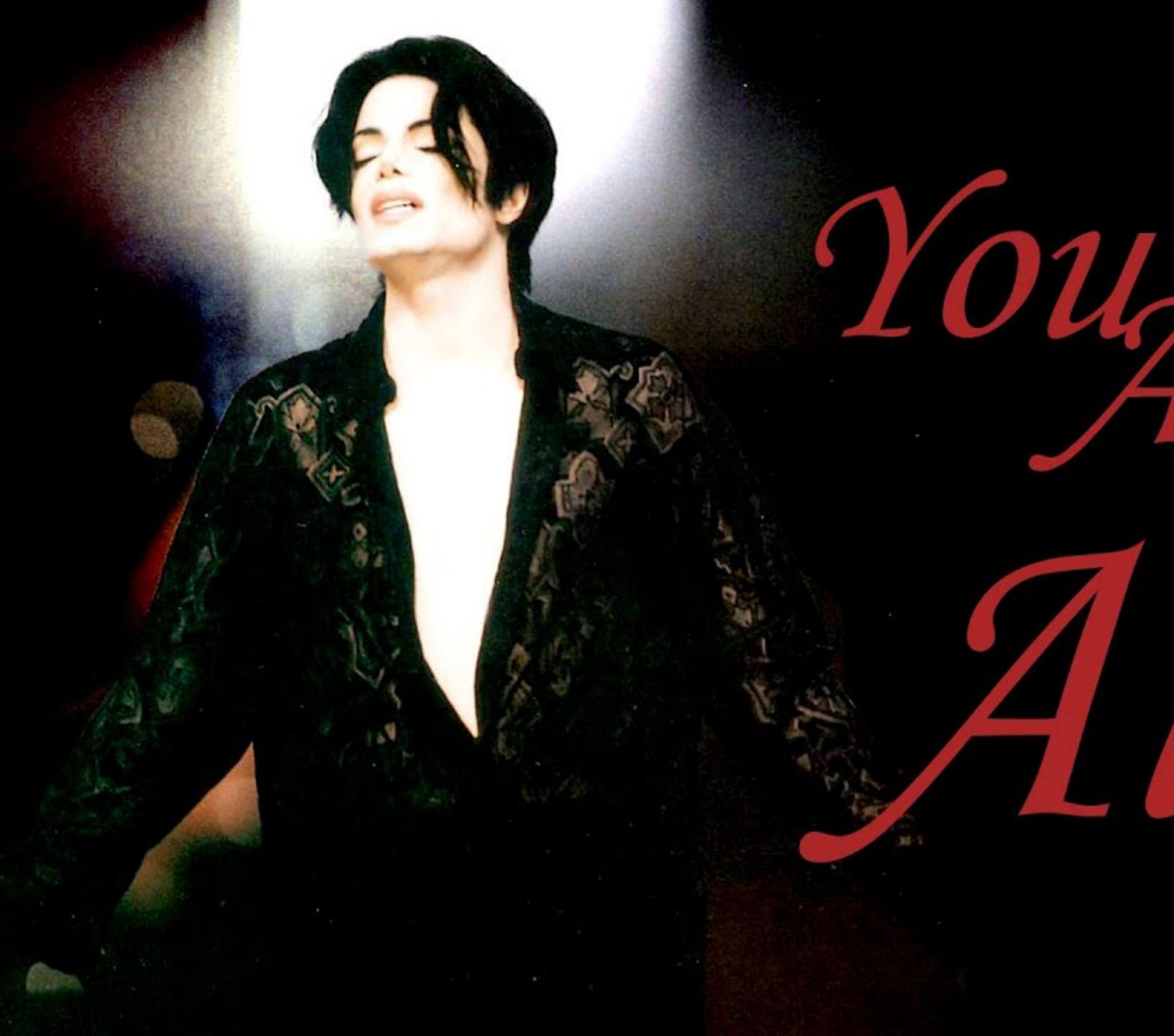


"When I kept things to myself, I felt weak deep inside me. I moaned all day long."

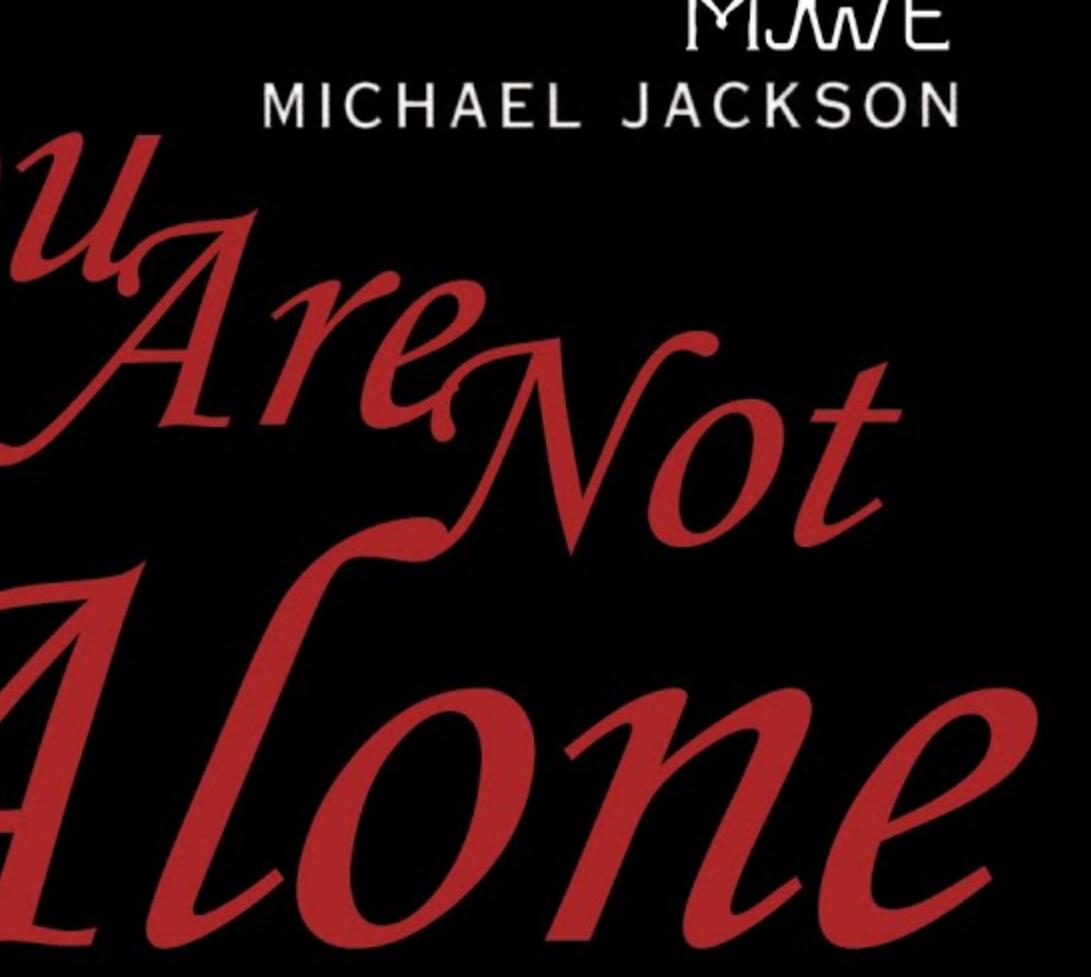
Psalms 32:3 NCV

"Confess your faults one to another that you may be healed."

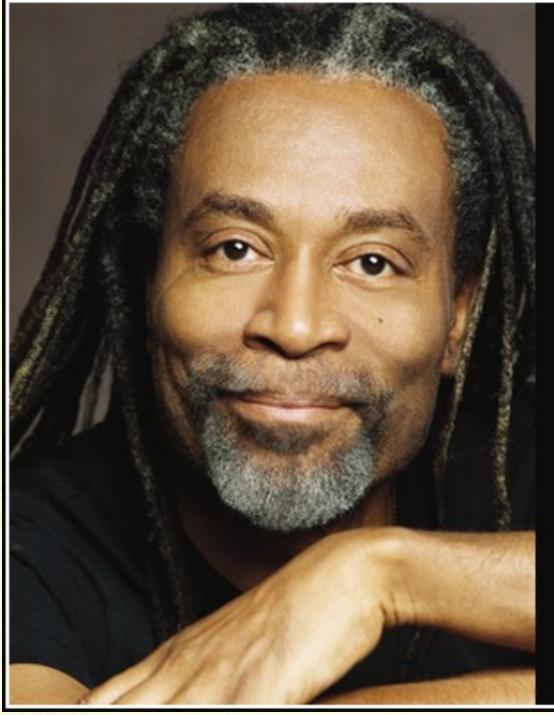
James 5:6 NCV



MJVE MICHAEL JACKSON



4. Don't WORRY



Here's a little song I wrote. You might want to sing it note for note. Don't worry, be happy.

— Bobby Mc7errin —

AZQUOTES



Job 5:2 NCV

" To **worry** yourself to death with resentment would be a **foolish**, **senseless** thing to do."

5. Don't **RESENT** it







Job 18:4 NCV

"You are only hurting yourself with your anger."

5. Don't **RESENT** it

- Resentment perpetuates the hurt
- Resentment doesn't hurt anyone except us
- Resentment is a self-defeating attitude

GOD'S ANTIDOTE: HEALING FROM HURTS

The **3** S's

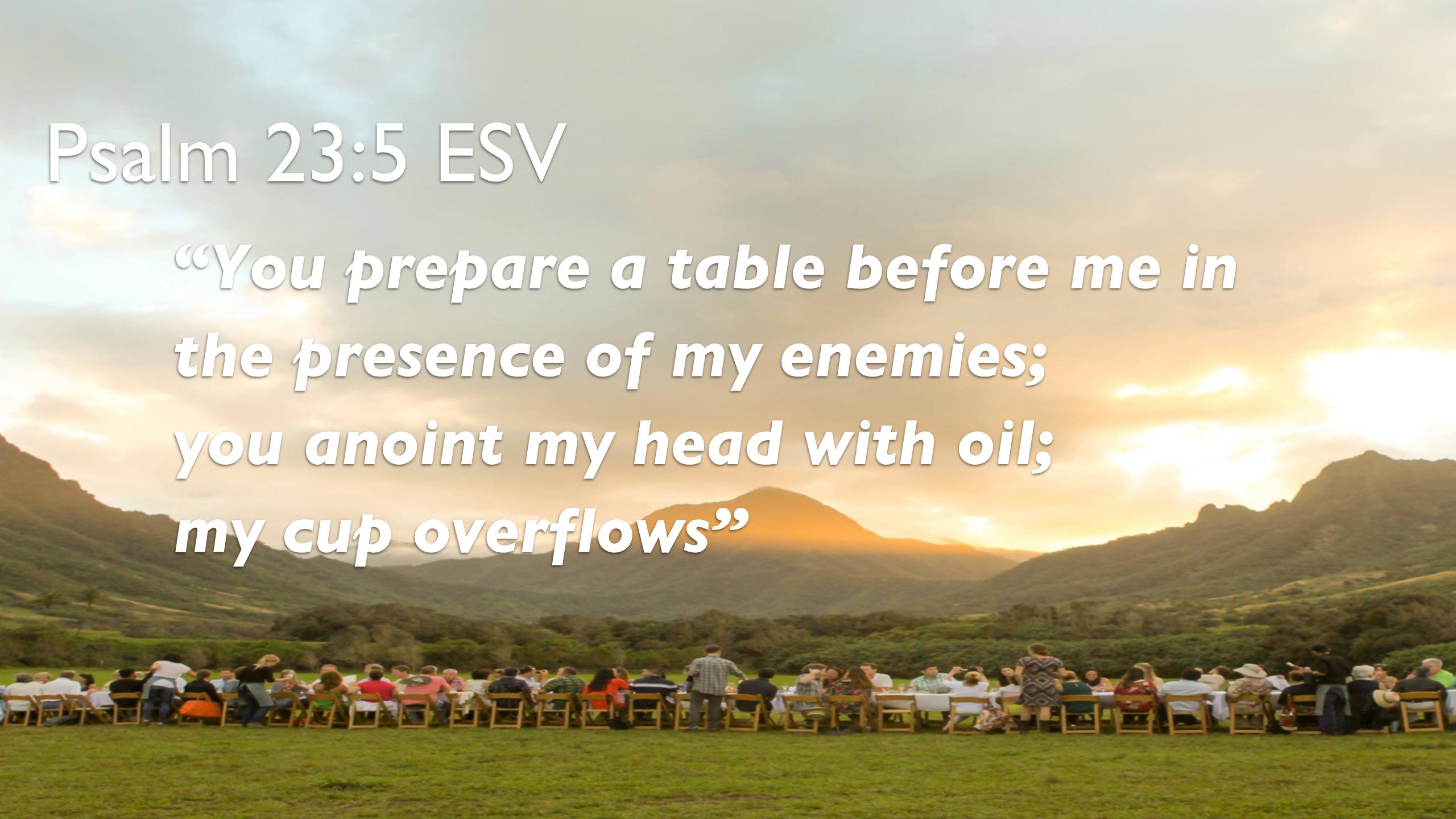
LIFE-HACKS FOR HURTS **INSIGHTS FROM PSALM 23 GOD WANTS TO HEAL YOU**



Psalm 23:5 ESV

the presence of my enemies; you anoint my head with oil; my cup overflows,

"You prepare a table before me in





LET JESUS SETTLE THE SCORE

Psalms 23:5a NCV

"You prepare a table before me in the presence of my enemies."

SHEEP

Many natural enemies
Defenseless



Romans 12:17 & 19 NCV

"¹⁷Never pay back evil for evil.

¹⁹... never avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it."

Romans 12:17 & 19 NCV

- God knows the people who've hurt you.
- God saw it and He cares.
- God can settle the score Bible says one day He will settle the score.
- · God has far more resources to settle the score than you

God says you cannot recover from your hurt as long as you're seeking revenge





There's only one way you'll ever get the relief and that's forgiveness





WHY SHOULD | FORGIVE???

- Because you've been forgiven by God
- And God wants you to do the same.
- You're going to need more forgiveness in the future yourself.

In the same. The same of the s

Matthew 5:7 NCV

"Blessed are the merciful, for they will be shown mercy."

The longer you try to get revenge, the longer you'll hurt







#2

LET JESUS YOUR WOUNDS

Psalms 23:5b NCV

"You anoint my head with oil."

SHEEP

Worst enemy - flies
Lays eggs up their nose
Drives them crazy



Isn't it amazing that it's the little things in life that really irritate you?



Psalms 23:5b NCV

"You anoint my head with oil."

"God heals the brokenhearted and bandages their wounds."

Psalms 147:3 NCV

Forgiveness is instant; Restoration takes time.

What you have done is you've taken the first step of forgiveness.

Now comes the healing where He sooths your soul.





HOW DOES JESUS HEAL OUR HURTS?

- Fellowship
- Prayer
- Worship
- Ministry

ARE YOU GOING THROUGH A MAJOR HURT RIGHT NOW?

There are 2 Phases to the healing process:I. The "be still" stage
2. The "get moving" stage
Even after you've been totally healed, you're going to have a scar



LET JESUS SATISFY YOUR NEEDS

Psalms 23:5c NCV

"My cup overflows."



When you need to get over a hurt, you need to look to God to meet all your needs





OVERFLOW WITH...

With **HOPE**

Romans 15:13 Holy Spirit's power within you."

"God will help you overflow with hope in him through the





OVERFLOW WITH...

With **LOVE**

I Thes. 3:12 "May the Lord make your love to grow and overflow."





OVERFLOW WITH...

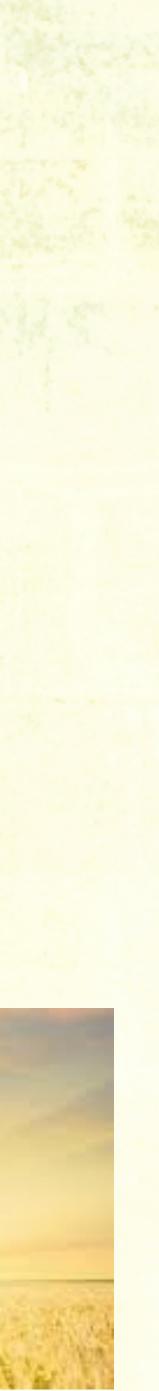
With **JOY**

John 16:24 joy will overflow."



"Ask, using my name, and you will receive, and your cup of







Busyness

Worry

Emo-

Insights from Psalm 23

