

-  **Immerse yourself in God's love.**  
Believe His view of you and who He says you are.
-  **Immerse yourself in God's acceptance.**  
I am a child of God, I am whole in Him, I am loved, I am...
-  **Do not dwell on the hurt.**  
Control the amount of time you allow yourself to think about it. The more you dwell on the hurt the bigger it becomes.
-  **Don't isolate yourself.**  
When you are hurt it is tempting to withdraw from people and things. This only makes it worst.
-  **Choose a positive attitude.**  
I will not live under this, I will live above this.
-  **Accept what has happened without shame or condemnation.**  
Hurt happens it is not unique and blaming myself is not going to help.
-  **Refuse to blame or to hate others.**  
Even if you have a reason for such blame, blaming will hurt you not them.
-  **Forgive those who have hurt you.**  
Forgiving releases you, it enables you to move forward.
-  **Find someone to confide in.**  
Talking through the issues with a person you trust and can rely to be honest with you helps.
-  **Ask: was the hurt intended?**  
Always assume yes, but this is not always true. Often we read too much into situations.
-  **Ask: Am I taking this too personally?**  
If I had to explain to a reasonable person why I feel the way I do, would it sound credible?
-  **Look to God.**  
Lord, I trust you with this situation. Believe that God can use the hurt you have experienced for your good and that of others.
-  **Accept what you can't change.**  
Some situations are what they are, do not fret what you can't change, accept that it is what it is and move forward.
-  **Find freedom is doing what God wants you to do.**  
Simply put this means looking forward not back.
-  **Accept by faith the future that God has for you.**  
God has a way to move you forward, believe that He is doing this.
-  **Don't accept the title of victim.**  
You can nurse the victimhood or you can heal the wound, but you can't do both.

**What would you add to this list?**

Bringing life, hope and freedom to people, communities and nations.

# FREEDOM

## Christian Church

### Dealing with Hurt



#### What is hurt?

A simple definition would be: emotional pain.



#### Read Psalm 31

**What's David's problem?  
What things does he face?**

This is a psalm of lament. David's enemies are speaking and acting against him and he is in sorrow, grief, anguish and fear because of them. He takes all this hurt and presents it to the Lord as a prayer. The psalm far from being depressing is deeply optimistic for David consistently looks to the Lord as his deliverer and source of strength. The psalm is full of examples of hurt and ways to overcome them.



#### What are the sources of hurt?

People  
criticism  
Ignored  
undervalued  
discrimination  
being hated  
blamed for things we did not do.  
violence  
betrayed  
Not being taken seriously.  
picked on  
Bereavement  
Loss  
Theft

misunderstanding  
unfair treatment  
left out  
taken for granted  
Abused  
Being judged  
anger  
rejection  
bullying  
Disappointment  
offended  
Grief  
violence  
missing out

*"He will wipe every tear from their eyes. There will be no more death" or mourning or crying or pain, for the old order of things has passed away.' Revelation 21:4*



**Does everyone experience hurt?**

**How long will hurt last?**

**Does everyone experience hurt the same way?**

**What does being hurt feel like?**

**What effects does it have on you?**



None of us is immune for hurt. Some people are more sensitive to the things listed above, but even those who appear impervious to feeling get hurt. What is a major issue for one person is inconsequential for another. It is impossible to predict what will cause someone to experience hurt. Everyone processes hurt differently, some process it better than others. This is because of our different personality types but also because we have learned different ways to deal with it.



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 Some hurts are a part of life. We will all lose loved ones at some time during our lives. All of us will go through the upheavals common to everyone. Other hurts are the result of the actions of other people.

 Our society is increasingly victim-focused. In fact being a victim is often seen as a virtue. It has status attached to it. It is important to realise that the world is not divided into victims and perpetrators. All of us are both. While we may suffer hurt we will also cause hurt in others.

 **Is it possible to avoid hurting people?**  
**Are some people more prone to hurting people than others?**  
**Why?**

Don't care, self-absorbed, don't realise, hurt themselves.

**How can you minimise your hurt footprint?**

**Are churches immune from causing hurt?**  
**Why?**

*The Lord is close to the broken-hearted and saves those who are crushed in spirit. Psalm 34:18*

 **To what extent is it your job not to offend people?**  
**What do you do with people who get offended very easily?**  
**If someone disagrees with your opinion is that enough to make you hurt?**

 Paul says we have to live in consideration of those who are weak. By this, he means people who have weak consciences, but this also applies to those who are easily offended. Sometimes it is a choice we make to get offended.

There is an old saying that says "Some of our weaker brethren are as hard as nails!"

**What does this mean?**

 **To what extent is it your choice to suffer hurt?**  
**How would you define victimhood?**  
**What are the dangers of victimhood?**

**When we are hurt we want sympathy. Is this always the best thing for us?**

There is an old saying that goes "hurt people hurt people".

**What does this mean?**

 All of us experience hurt and not all hurt can be avoided  
**What good things can you do to minimise being hurt?**  
**What bad things can you do to minimise being hurt?**

**If you carry hurt what effect will it have on you?**  
**How long is it appropriate to carry a hurt?**

*Weeping may stay for the night, but rejoicing comes in the morning. Psalm 30:5*

**Did anyone in the bible ever experience rejection or hurt?**

**How did each of these characters experience hurt?**

Moses – Joseph – David – Daniel – Jesus – Paul

**What was Paul's response to his hurt?** 2 Corinthians 12:9

**What was David's response to his hurt?** Psalm 31:14

 *Zeal for your house consumes me, and the insults of those who insult you fall on me. Psalm 69:9*  
Jesus carries the insults that come against us.

 Jesus gave a teaching about clean and unclean things that the Pharisees disliked:  
*Then the disciples came to him and asked, 'Do you know that the Pharisees were offended when they heard this?' Matthew 15:12*

 **Should Jesus have avoided saying something that offended them?**  
**What are the issues?**

**What beliefs do we hold that may be offensive to some people?**

**What should we do about this?**

**What shouldn't we do?**

**Should we always avoid giving offence?**

*He heals the broken-hearted and binds up their wounds. Psalm 147:3*

 *Blessed is anyone who does not stumble on account of me." Luke 7:23*

Stumble here can be translated take offence.

**How could you get offended at Jesus?**

 *A brother wronged is more unyielding than a fortified city; disputes are like the barred gates of a citadel. Proverbs 18:19*

**What does this mean?**

**Why is it true?**

 **How to overcome hurt**

In no particular order

 **Surround yourself with people who value and accept you.**

A friend loves at all times, and a brother is born for a time of adversity. Proverbs 17:17

 **Identify the hurt.**

Why am I feeling the way I do. Give it a name.

 **Give the hurt to God in prayer.**

This is why there are psalms of lament in the bible. People took their hurt and anger and spoke it to God as a prayer. This is powerful as it opens the door to healing.

 **Be honest.**

This hurts, I am upset. Don't try to cover it up or play it down.

 **Work out why it hurts.**

What triggers has this hit in your life, why are they there and what do you need to do about them?

 **Get perspective.**

In the larger scheme of my life, my faith, the world around me and the purposes of God where does this fit?

 **Don't pass it on.**

Don't take out your hurt on someone else. Don't treat others badly because you have been badly treated.

 **Ask for God's healing.**

Realise that in the cross with its forgiveness and reconciliation there is healing for emotional scars not just physical ones.

 **Don't let the enemy use this as a door into your life.**

Reject his lies. Don't give up, slow down or change direction because of hurt.

 **Let God heal you.**

Meditate on scripture. Think about Jesus. Worship God. In grief, Job worshipped God.