



AM Bible Study
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Wednesday, September 4, 2024
Pastor Sam Young, Jr., Interim Teacher

HOW TO DEAL WITH HURTS!!!

In life, we will encounter emotional hurts. However, we must learn how to overcome them and move forward. We overcome them by releasing them to the Lord and not trying to hold on to them. If we continue to hold on to them, they will cause us to have grief, sorrow, and heartaches. Refuse to entertain the hurts and give them over to the Lord for His healing power to help you overcome them. The energy it takes to hang onto the hurt is holding you back from enjoying your life. **WHAT HURT SHOULD YOU LET GO OF TODAY?** I hope that the following helps you to overcome the hurt.

1. Change your perspective on the situation.

- Understand that life is not always comfortable – *Job 14:1*.
- Understand that hurts come in the midst of dealing with people – *Saint John 16:33*.
- Ask the Lord to help you love (Godly love) the individual(s) more and more – *Saint Matthew 5:44*.

TM: WE CAN'T CHANGE WHAT HAPPENED, BUT WE ABSOLUTELY CAN CHANGE OUR REACTION TO WHAT HAPPENED.

2. Exercise Forgiveness

- Forgiveness is an act of obedience to the Lord - *Saint Mark 11:25-26*.
- Forgiveness is to be granted without limitations – *Saint Matthew 18:21-22*.
- We are commanded to forgive – *Saint Matthew 6:14-15*.

TM: FORGIVENESS DOES NOT KEEP A RECORD OF WRONGS, NOR DOES IT DWELL ON THE HURT. IT RESTORES FELLOWSHIP WITH THE FORGIVEN PERSON, IF POSSIBLE.

3. Start the healing process.

Healing means letting go so the thoughts and feelings do not impact us negatively. Our goal is to neutralize the thoughts of the past and present, so it loses its power over us – *Romans 12:1-2*.

Our goal is not to:

- Make ourselves forget about the past (impossible).
- Stuff or ignore our feelings (creates other problems).
- Wait for an apology or acknowledgement.
- Wait for time to heal all wounds (you may need more than time).
- Wallow endlessly in your emotions (oh, that is painful).