

Healing Life's Hurts

Sunday 4th November 2018



If...

Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.



John 10:10

- The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

MENTAL PAIN
IS LESS DRAMATIC
THAN PHYSICAL PAIN,
BUT IT IS MORE
COMMON AND ALSO
MORE HARD TO BEAR

-C.S. LEWIS



- Matthew 14:14: Compassion
- Mark 3:5: Anger and distress
- Luke 10:21: Joy
- John 11:35: Weeping in Grief
- Mark 10:21: Love
- Matthew 26:38-39: Sorrow

Hebrews 4:15-16

¹⁵ For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. ¹⁶ Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Psalm 142:1-2

¹ I cry aloud to the LORD;

I lift up my voice to the LORD for mercy.

² I pour out before him my complaint;

before him I tell my trouble.

Matthew 11:28-29

²⁸ “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

Ask the Lord to show you a memory or situation that resulted in a hurt. Then ask him how that hurt specifically affected you.

“Lord I remember when.... I felt...”

HOW ARE YOU?

I FEEL REJECTED.
DEPRESSED.
WORRIED.

UNWORTHY OF LOVE.

EMOTIONALLY ABUSED.

UNSUCCESSFUL.

FALLING APART.

NOBODY CARES.
UNLOVED.
I'M A FAILURE.
SICK AND TIRED.

Luke 4:17-21

¹⁷ and the scroll of the prophet Isaiah was handed to him. Unrolling it, he found the place where it is written:

¹⁸ “The Spirit of the Lord is on me,
because he has anointed me
to proclaim good news to the poor.

He has sent me to proclaim freedom for the prisoners
and recovery of sight for the blind,
to set the oppressed free,

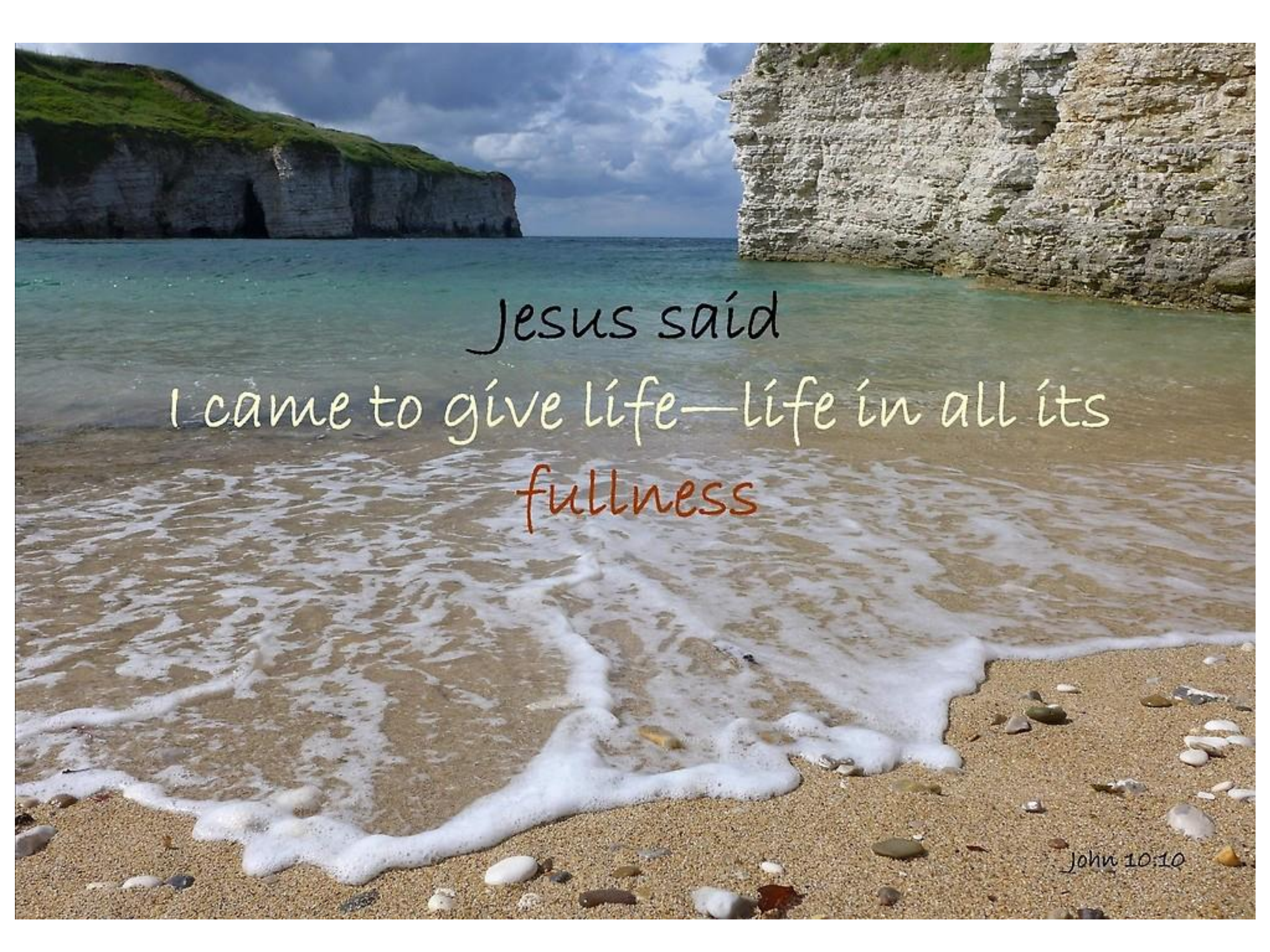
¹⁹ to proclaim the year of the Lord’s favor.”[\[a\]](#)

²⁰ Then he rolled up the scroll, gave it back to the attendant and sat down. The eyes of everyone in the synagogue were fastened on him.²¹ He began by saying to them, “Today this scripture is fulfilled in your hearing.”

Ask the Lord to show you a memory or situation that resulted in a hurt. Then ask him how that hurt specifically affected you.

“Lord I remember when.... I felt...”

“Lord I choose to break agreement with the lie that.... I believe the truth that....”



Jesus said
I came to give life—life in all its
fullness

John 10:10