

Answer Key:

Remember ...

- hurt
- sin

- barriers

Did you Know?

- experienced
 - hurt
- betrayed
- sold out
- back
- lied
- Judas
- need
- closest

What do I do?

1. God
2. circumstances
3. strengthen / wisdom.
4. support
5. promises
6. give up

October 1, 2023

You asked for it!

Part 4

How to Keep going when you are hurt!

Colossians 3:13 NLT

"Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others."

Introductory Statement

It's become an all-too-common topic of conversation: "I used to go to church, but I had a really bad experience, and I have not gone back since." Painful church experiences, which can range from misunderstandings to intentional abuse, are very real and unfortunately becoming more prevalent.

Remember...

- Understand one thing, God did not _____ you.
- Human suffering exists because _____ exists.
- Unresolved hurts create _____ to having a deep relationship with Jesus and others.

Did you Know?

- Did you know that Jesus _____ hurt from church members?
- Jesus was _____ by His disciples who were the first church members.
- Jesus was _____.
- He was _____ by His church members.
- He was talked about behind His _____.
- He was _____ straight to His face.
- Think about _____ pretending to be someone that he was not and all the lies he fed Jesus.
- Jesus was forsaken in His moment of greatest _____ by all His members.
- Jesus feels your hurt because He understands the hurt He felt from those _____
_____ to Him.

What do I do?

1. Tell _____ how you feel?

Job 1:20 GWT

"Job stood up, tore his robe in grief, and shaved his head. Then he fell to the ground and worshiped."

Job 7:11 TEV

"I can't be quiet! I'm angry and bitter. I have to speak!"

Know your feelings are valid and forgive with God's strength!

Mark 11:25 GWT

Whenever you pray, forgive anything you have against anyone.

Then your Father in heaven will forgive your failures."^[a]

Lamentations 2:19 NCV

"Cry out in the night... Pour out your heart like water in prayer to the Lord."

Psalms 116:10 NCV

"I believed, so I said, 'I am completely ruined!'"

What do I do?

2. Praise God in spite of the _____.

Job 1:21-22 Living Bible

Job said, "I came naked from my mother's womb and I shall have nothing when I die. The Lord gave me everything I had, and they were his to take away. Blessed be the name of the Lord! In all of this Job did not sin by blaming God."

What can You praise God for?

- That He is a good & loving God Job 10:12
- That He is all-powerful Job 36:22, 37:5,23
- That He notices every detail of my life Job 23:10, 31:4
 - That He is in control Job 34:13
 - That He has a plan for my life Job 23:14
 - That He will protect me Job 5:11

Habakkuk 3:17-18 TEV

"Even though the fig trees have no fruit and no grapes grow on the vines, even though the olive crop fails and the fields produce no grain, even though the sheep all die and the cattle stalls are empty, I'll still be joyful and glad, because the Lord God is my Savior."

Guard against bitterness!

Hebrews 12:15 GWT

"Make sure that everyone has kindness from God so that bitterness doesn't take root and grow up to cause trouble that corrupts many of you."

What do I do?

3. Ask God for _____ and
_____!

Job 5:8 NCV

***"If I were you, I would call on God and bring my problem before
him."***

Job 12:13 Message

***"True wisdom and real power belong to God; from him we learn
how to live, and also what to live for."***

Psalm 37:39 NCV

***"The Lord saves good people; he is their strength in times of
trouble."***

Psalm 3:5 NCV

**"I can lie down and go to sleep, and I'll wake up again, because the
Lord gives me strength."**

1 Chronicles 16:11 TEV

"Go to the Lord for help, and worship him."

Seek Compassion!

Romans 12:14 AMP

***"Bless those who persecute you [who cause you harm or hardship];
bless and do not curse [them]."***

What do I do?

4. Gather with others for _____.

First, look within!

Psalm 139:23-24 NIV

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

(NEXT)

Job 36:18-24 CEV

"Don't let your anger and the pain you endured make you sneer at God. Your reputation and riches cannot protect you from distress, nor can you find safety in the dark world below. Be on guard! Don't turn to evil as a way of escape. God's power is unlimited. He needs no teachers to guide or correct him. Others have praised God for what he has done, so join with them."

Psalm 63:2 Message

"So here I am in the place of worship, eyes open, drinking in your strength and glory."

What do I do?

5. Believe in God's _____!

Job 2:9-10 NLT

"His wife said to him, "Are you still trying to maintain your integrity? Curse God and die." But Job replied, "You talk like a foolish woman. Should we accept only good things from the hand of God and never anything bad?" So, in all this, Job said nothing wrong."

Isaiah 59:20 NCV

"Then a Savior-Redeemer will come to Jerusalem and to the people of Jacob who have turned from sin," says the Lord."

Conflict and hurt almost always result in strained relationships, which can add to emotional pain.

Seek Peace if possible!

Romans 12:18 NLT

"Do all that you can to live in peace with everyone."

8,810 promises

The list, including promises by God to man (7,487), one man to another (991), God the Father to God the Son (two), man to God (290) and several other combinations, including nine made by Satan. In all, Storms tallied 8,810 promises.

What do I do?

6. Do not _____ on the church.

Hebrews 10:24-25 NTL

"Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near."

My heart breaks when I see people give up on church and miss out on the growth and life-changing relationships they could experience by being a part of a church.

Barry Yates

Don't blame God for the actions of others!