

SERIES: DEALING WITH HURT

DEALING WITH HURT – PART 3

November 16, 2009

THE BIG IDEAS:

- 1. We must help other people who are hurting**
- 2. There are right/wrong and wise/unwise ways to do this**

In addition to the hurt that we all feel, we must also deal carefully and lovingly with the hurt others are experiencing. In doing so, we reflect the loving and caring nature of God. Additionally, we fulfill the second-greatest commandment to "love your neighbor as yourself".

The Bible gives us instruction as to help those who are dealing with hurt:

- Love one another (John 13:3, Romans 13:8, 1 Peter 1:22 etc.)
- Serve one another (Galatians 5:13)
- Bear one another's burdens (Galatians 6:2)
- Comfort one another (1 Thessalonians 4:18)
- Edify one another (1 Thessalonians 5:11)

Things to Remember When Helping Someone with Hurt

- Be genuine! No support is better than fake support
- You are there for support, not to fix anything
- Simply offering support is better than anything you can say
- Respect the person's choice to be alone or not talk
- Know your limitations
- Allow the person to dictate their healing process

Things NOT to Say

- Don't change the subject (let the other person control the conversation)
- Don't talk about your own hurts, even if they are similar (this may come with time)
- Don't downplay the significance of the event, even if it seems small to you
- Don't list other situations that could be worse
- Don't quote Scripture verses (this is not the right time)

Things You Can Say

- Empathetic statements (I'm sad for you, I hurt for you)
- "How are you doing?"
- "What can I do for you?"

- "I'm here for you"
- "I'm sorry"

The key is Compassion

-an excerpt from "The One Year Devotions for Couples" by David & Teresa Ferguson

John 11 recounts a fascinating story of Christ's compassion. Jesus receives the heartbreaking news that his close friend Lazarus has become very sick. Jesus travels with the disciples to visit Lazarus, and upon their arrival Jesus finds Lazarus' sisters Mary and Martha mourning the death of their brother. Scripture tells us that when Jesus saw Mary weeping, he was deeply moved and that when he travelled to see the tomb where Lazarus was laid, he wept openly.

It's important to note what Jesus did *not* do when he visited the two sisters. As the Son of God – the One who knew past, present, and future – Jesus certainly knew that Lazarus was going to live again. Christ approached Mary and Martha with the full knowledge that he was going to restore their brothers life and set everything as it was.

Even though he possessed this knowledge, Jesus didn't give the sisters a pep talk, an explanation, or a sermon on faith. Instead, upon seeing the sadness of their hearts, he wept. The Savior was so moved with compassion for his friends that he shed tears.

REFLECTION QUESTIONS

1. Practically, how can we obey the Bible's commands to love one another, serve one another, edify one another, comfort one another, and bear one another's burdens?
2. Who can you think of in your life that God might be calling you to help deal with hurt?
3. In what ways can you model the compassion Jesus had for his friends?