

SERIES: DEALING WITH HURT

## **INTRODUCTION TO HURT**

November 2, 2009

### **THE BIG IDEA:**

Hurt is real and needs to be dealt with in one's life.

It may seem trivial to say, but hurt is always caused by something. This should be said because it is important to understand just *what* has caused the hurt and *where* it is coming from. This step must come before any healing can take place.

#### *Why is this important?*

If people (of any age) don't know how to cope, they will try to find something that they think might make them feel better (ex. drugs, alcohol, seeking love from the wrong places, spiritual searching or doubting of faith etc).

The series of events usually looks like this:

- 1. Something bad happens** (ex. a death, a divorce, a relational breakup, a betrayal, hearing bad news)
- 2. Reaction to unexpected event** (usually shock or denial)
  - Shock:* characterized by no emotion, confusion, numbness, not knowing or realizing what's actually going on.
  - Denial:* Not believing or accepting the circumstance
- 3. Feeling/emotions set in**
  - anger, bitterness, resentment
  - worry, anxiety
  - depression, grief, sadness
- 4. Physical reactions** (your bodies response to your emotional state; this varies depending on the feelings you are experiencing)

There is no "right" or "wrong" timeframe in dealing with hurt. It can takes weeks, months, or even years. It is important, however, to begin the healing process as soon as possible.

#### *Some misconceptions concerning hurt...*

- everyone deals with hurt the same way
  - when hurt is resolved, it never resurfaces
  - Christians hurt less than non-Christians
  - keeping your mind off hurt will help it go away
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*Jeremy Edgar*

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**DO NOT:**

- ignore your feelings
- keep everything inside
- try to rush dealing with hurt

**DO:**

- talk to someone you can trust
- accept that everyone deals with hurt the same way
- try journaling

In dealing with hurt, here are some things to remember

- God is always in control
- everything happens for a reason
- whatever doesn't kill you makes you stronger
- "if God brings you to it, He will bring you through it"
- God hurts when people are hurting
- hurt is often not your fault

When you go through tough times, God puts things and people in place to help you cope with it (ex. people to talk to, timely gifts and encouraging words, aid in other areas of your life).

**Some words of encouragement...**

Psalm 50:15

Call upon Me in the day of trouble

Psalm 55:22

Cast your burden upon the Lord and He will sustain you

Romans 8:28

We know that in everything God works for the good of those who love Him, who are called according to His purpose

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**REFLECTION QUESTIONS**

1. In what ways can shock be a gift from God?
2. Do I have hurt in my life that I have not dealt with?
3. How does being a Christian affect the way I deal with hurt?