

“The TRUTH About...” 7th Nov 2021: #15 “Hurt That Resurfaces” Study Notes

Q. How have you been wounded by someone...?

How do we deal with the Hurt? Ignore it or try and sort it out?

- Finding Healing When I'm Hurting...means *Forgiveness*

Q. What happens when we bury our wounds/hurts...?

- They reappear, do more damage...
- Affects any part of life: spouse, family, friends, work, social groups, God, Pastor, ourselves, (intentionally or accidentally)
- Studies show that practising forgiveness can improve our mental and physical health.

S Vietnam ‘Napalm Girl’ - 9yr old Kim Phuc 8 June 1972

- Buddhist temple attacked by a S. Vietnamese plane
- Pulitzer Prize photo... front page of NY Times
- 1982 Kim suicidal, studying medicine in Vietnam, in great pain... found a New Testament in a library. Led to Kim's faith in Christ...
- "My faith in Jesus Christ is what has enabled me to forgive those who had wronged me"
- 1997 US Pilot met Kim (claimed to be attack coordinator- later revealed as not true) "It's all right, it's all right, I forgive, I forgive," she told him.
- Pain resurfaced 25yrs after the original incident.

S Forgiveness is God Given

Ephesians 4:31-32 NLT ³¹Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behaviour. ³² Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

- Forgiveness is “Rooted in God’s Nature”
- 6 likely indicators of possible UNFORGIVENESS...
 - bitterness, rage, anger, harsh words, slander, and all types of evil behaviour - *fear will also be a factor – renewed hurt.*
- I don't know your hurt, but I know it hurts...
- Bitterness is toxic... Damages ourselves and others...
- Forgiveness – can be immediate or may need processing over time. (There may be many layers)

Quote: Nelson Mandela “Resentment is like drinking poison and then hoping it will kill your enemies.”

S What Forgiveness IS NOT...

- **Diminishing** the seriousness
- **Developing** relationship blindly (boundaries)
- **Denying** what's happened
- **Dependent** on the other person's response

Matt 18:21-35 NLT Peter... “Lord, how often should I forgive someone who sins against me? Seven times?” ²² “No, not seven times,” Jesus replied, “but seventy times seven!”

- Forgiving someone else Never feels FAIR – it’s my decision to show MERCY...we have been forgiven so much ourselves.
- Always leads us towards personal FREEDOM...& God’s PEACE

S Quote: “Forgiveness is not an occasional act, it is a constant attitude.”
Martin Luther King Jr.

- Hurt that resurfaces can affect generations
- Forgiveness needed, to release God’s healing and change.

5 Decisions to release the Power of Forgiveness... And overcome the deep wounds, and “Hurt that Resurfaces...”

1. Recognise the Hurt

S Genesis 45:1-2,5 NLT Joseph Rejected by His Brothers...

¹ Joseph could stand it no longer. There were many people in the room, and he said to his attendants, “Out, all of you!” So he was alone with his brothers when he told them who he was. ² Then he broke down and wept.

⁵ But don’t be upset, and don’t be angry with yourselves for selling me to this place. It was God who sent me here ahead of you to preserve your lives.

Q. What does this text suggest?

- Address forgiveness privately (only with those involved, not having conversations with everyone)
- Don’t just ignore the hurt of the past it needs to be addressed...situations will emerge
- God can turn every difficult situation into something good.

Quote: Gandhi “The weak can never forgive. Forgiveness is the attribute of the strong.”

2. Reject the Desire to Punish

S Romans 12:17-19 NLT

¹⁷ Never pay back evil with more evil. Do things in such a way that everyone can see you are honourable. ¹⁸ Do all that you can to live in peace with everyone. ¹⁹ Dear friends, never take revenge. Leave that to the righteous anger of God...

- Do not try and take revenge (in any way)
- Q. What ways might someone try to take revenge?
- Live honourably and with dignity
 - Leave the situation with God

3. Resolve to Pray for Them

S Matt 5:43-44 NLT ⁴³ “You have heard the law that says, ‘Love your neighbour’ and hate your enemy. ⁴⁴ But I say, love your enemies! Pray for those who persecute you!

- Prayer helps to release our own pain

- Gives responsibilities for solutions to God
- Q. Why is praying for enemies something we should do?

Luke 23:34 NLT ³⁴ Jesus said, “Father, forgive them, for they don’t know what they are doing.” And the soldiers gambled for his clothes by throwing dice.

- Jesus did what he told us to do - even at Cross
- People around us are often ignorant of what God is doing
- People just continue doing life even when we’re suffering
- Note: The ‘enemy’ will try to bring old hurts to the surface again, Accuse and condemn US – keep our focus on God!!

4. **Restore Connection Wisely**

S Rom.12:18 NLT ¹⁸ Do all that you can to live in peace with everyone.

- Ensure appropriate Boundaries / Space
- We look to find peace not conflict

2Cor 5:18 NLT ¹⁸ And all of this is a gift from God, who brought us back to himself through Christ. And God has given us this task of reconciling people to him.

- God’s nature is to Reconcile / Restore
- We are part of His reconciliation process
- True reconciliation may not be possible...need equal desire...
- Having a heart open to restore is important!

5. **Receive God’s Strength & Healing**

S 2Cor 13:4 NLT ⁴ Although he was crucified in weakness, he now lives by the power of God. We, too, are weak, just as Christ was, but when we deal with you we will be alive with him and will have God’s power.

- “Personal Prayer” strength & healing...important (Jesus Prayed)
- In our weakness we can become strong and know God’s power

John 20:19-20 NLT ¹⁹ That Sunday evening the disciples were meeting behind locked doors... Suddenly, Jesus was standing there among them! “Peace be with you,” he said. ²⁰ As he spoke, he showed them the wounds in his hands and his side. They were filled with joy when they saw the Lord!

- After Jesus resurrection he appeared to ‘frightened’ disciples
- Q. How badly have you been wounded by someone...?**
- Scars tell my story of God’s healing
 - Forgiveness doesn’t mean, it didn’t happen... the nails were there...but they’ve gone...
 - ‘Must let go of what once held us’
 - No longer nailed to the past!!

Conclusion: Q. How can we move beyond the ‘Hurt That Resurfaces’?

- Forgiveness & humble steps of faith...
- Communion...bring our pain to the cross forgive and seek forgiveness. God will heal. Prayer.