

'With Me in My Life'

We all hurt in 3 ways:

1. We hurt **physically**.
2. We hurt **emotionally**.
3. We hurt **relationally**.

6 Steps to Healing

1. Don't **ignore it**.

*"When I kept it all inside, my bones turned to powder,
my words became daylong groans."* ~Psalm 32:3

2. Don't **run from it**.

*"If only I had wings like a dove - I would fly away and find
rest...I would hurry to find shelter from the raging wind and
storm."* ~Psalm 55:6-8

3. Don't **get bitter**.

*"Get rid of all bitterness, rage, anger, harsh words, and
slander, as well as all types of evil behavior."*
~Ephesians 4:31

2 key Choices:

Accept what **cannot be changed**.

Look at what's left, not **what's lost**.

4. Don't **worry about it**.

"I am worn out by my worries" ~Psalm 55:2

5. Don't **resent it**.

*"When my thoughts were bitter and my feelings were hurt, I did
not understand You."* ~Psalm 73:21-22

6. Don't **give up**.

*"Give all your worries and cares to God, for He cares about
you."* ~1 Peter 5:7

3 Commitments:

1. Open up your life to **Jesus Christ**.
2. Find a **Church Family**.
3. Give your **hurt to God**.