**Lesson 4**

**How Can I Heal From My Moral Hurt?**

**Life is full of “living”. Which means life is full of relationships…and people \_\_\_\_\_\_\_ people; life is full of experiences and events…and the circumstances of experiences and events \_\_\_\_ people; and life is full of physical injury, disease and death…these too, \_\_\_\_\_\_ people.**

* **Working definition for Hurt: An experience or event that we believe or perceive to attack us as a person and/or negatively disrupts our life (physically, mentally, or emotionally).**
	+ **Sometimes it may be very serious.**
	+ **Sometimes it may be very petty.**

**Fact: Either you will gain victory over your hurt or hurt will \_\_\_\_\_\_\_\_\_\_\_\_\_ you!**

**Fact: As a believer, you have two choices of how to respond to hurt:**

1. **You may respond to hurt through the works of the \_\_\_\_\_\_\_\_\_\_\_.**
2. **You may respond to God each time you encounter hurt by walking after the \_\_\_\_\_.**
* **Hebrews 12:15{NT pg. 319} – If you respond to hurt through the works of the flesh, you will inevitably become bitter in life.**
	+ **This will defile \_\_\_\_\_\_\_\_\_ life.**
	+ **This will defile the lives of “\_\_\_\_\_\_\_\_\_\_\_” around you.**
	+ **This will defile every \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in your life – with God, your family, your spouse, your children, your church, your work, etc.**
* **Eph. 4:31{NT pg. 277} – we must see bitterness as sin that needs to be confessed (I John 1:9) and put out of your life.**
1. **(Psalm 37:1-10{OT pg. 759-760}) The cycle of responding to hurt after the works of the flesh.**
	1. (Vs. 1) “\_\_\_\_\_\_\_” – to cause to heat up or burn; to take it personally within you.
		1. To turn the perceived “hurt” into kindling wood that fuels a fire.
	2. (Vs. 1) Become \_\_\_\_\_\_ – To want that which is not to be yours…at least for now.
		1. (Cp. Pr. 24:19{OT pg. 854}) Here is a great irony; we tend to be envious of the wicked and not the righteous.
		2. James 4:5-6{NT pg. 324} – envy of anyone is wrong.
		3. Envy is rooted in the perception that they have it “better”, “easier”, etc. than we have it…and we believe that we deserve to have it better/easier.
		4. The pride behind envy says that we don’t deserve to be hurt!
	3. (Vs. 8) “\_\_\_\_\_\_\_\_\_\_” – To have inner turmoil or to boil within our emotions over the hurt itself.
		1. The words “fret” and “anger” are closely tied together – fretting is the turning the perceived hurt into firewood and anger is the \_\_\_\_\_\_\_.
		2. Anger is the \_\_\_\_\_\_\_\_\_\_\_ emotional response because someone or something has either attacked us as a person or has disrupted our life.
		3. Anger is an “\_\_\_\_\_-ward” focus that may result from a perceived hurt.
	4. (Vs. 8) “\_\_\_\_\_\_\_\_” – is the Siamese twin to anger in that it seeks to avenge or retaliate for the attack or disruption.
		1. Wrath is the “\_\_\_\_\_-ward” focus that may result from a perceived hurt.
		2. Wrath takes the boiling of anger and looks for a way to vent its steam; typically this will be directed at a person (If at all possible. Sometimes the cause of the hurt has no direct connection to a person; however, sooner or later persons will become the recipient of wrath.)
		3. Wrath generates the \_\_\_\_\_\_\_\_\_\_, the scheming, and seeking the opportunity for retaliation.
	5. (Vs. 8) Do \_\_\_\_\_\_\_\_\_ – to behave sinfully in general and/or towards others.
		1. Will include sinful and even self-destructive behavior such as sulking, pouting, depression, drugs, alcohol, immorality, etc.
		2. May (and frequently does) include malicious and hurtful behavior towards others such as hurtful words, slander, etc. or hurtful physical attacks. Any possible way to inflict hurt on another.



* **When we respond to a perceived hurt through the works of the flesh, we discover that the hurt is keenly preserved in the formaldehyde of “bitterness”!**
* **The result is perpetual misery, self-destruction and a defiling of many.**
1. Psalm 37{OT pg. 759} also teaches us how to respond to God through our hurt when we walk after the Spirit.
	1. (Vs. 2) Understand that evil will be righteously \_\_\_\_\_\_\_\_\_\_\_\_ by God in His providentially appointed time.
	2. (Vs. 3) “\_\_\_\_\_\_\_\_\_ God”
		1. Trust His system and timing of righteous justice.
		2. Trust God when He says (Rom. 8:28{NT pg. 226}) that all things are brought/allowed into life for a divine purpose. (Both for the immediate and long term.)
		3. Trust God when He says (II Cor. 4:15{NT pg. 258}) that everything that comes into our life including hurt can be used to glorify God.
	3. (Vs. 3) Do \_\_\_\_\_\_\_\_! (As in opposition to doing evil).
		1. Responding to perceived hurt after the flesh is one of the biggest reasons Christians stop serving Christ, leave church, etc, and turn to a carnal life.
		2. Do “good” by seeking reconciliation…
		3. Cp. Rom. 12:17-21{NT pg. 231}; Luke 6:27-36{NT pg. 92}.
	4. (Vs. 4) \_\_\_\_\_\_\_\_\_\_\_\_ in the Lord.

 (cp. II Cor. 1:1-4{NT pg. 254}; I Pet. 5:7{NT pg. 331})

* + 1. To take joy and thrive in your relationship with God.
		2. Hurt will either drive you from God or draw you closer to God. You get the choice of which it will do!
	1. (Vs. 5) \_\_\_\_\_\_\_\_\_\_\_\_ thy ways.
		1. Commit means to submit or dedicate; submerge your life into i.e. “wallow”. (Think how a hog submerges into a muddy wallow, rolls around in it, completely covers its body, lays down and apparently “joyfully” rests in it.)
		2. Submerge the ways of your life into the ways of God.
		3. “Ways” = every aspect of your life – attitudes, words, motives, emotions, actions, choices, etc.
	2. (Vs. 7) “Rest and wait \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”
		1. This demonstrates our secure feelings in God and with God.
		2. To have a confidence and peace in the “workings” of God such that you are not worried or distressed.



* **Now quite frankly these 5 steps are really very simple. Aren’t we glad our God does not make things complicated?**
* **When you respond to God through your hurt by walking after the Spirit…**
	+ **You will find victory through hurt instead of bondage to your hurt.**
	+ **You will find joy in the Lord through hurt instead of a life of misery.**
	+ **It will be a constructive season in your life instead of destructive.**
	+ **You will be able to strengthen, edify and comfort many instead of defiling many.**