



LEAVING HURTS BEHIND

Have you ever hurt yourself? Perhaps you fell from a tree when you were young, or cut yourself when you were cooking?

💡 Share a time when you did hurt yourself.

Not only do our bodies get hurt, but we can be hurt on the inside. Maybe as you grew up you felt unloved or that others were unfair to you. It is just like a cut or wound inside that keeps hurting when you remember what happened. These things can hinder us growing in our relationship with God, but Jesus wants to heal us and set us free from those painful memories. How can we be healed?

1. ADMIT YOU ARE HURT

In the Old Testament there is a wonderful prophecy about Jesus.

✝ What was Jesus going to do for us when he came?

Isaiah 61:1-3 _____

Jesus came to heal those who are broken hearted. First of all we need to admit that we are hurt and need healing.

💡 How do you usually act when you have been hurt? Share.

✝ What did Jeremiah do when he was hurt?

Jeremiah 20:10-13 _____

In Psalm 62 it says: "Pour out your heart to Him, for God is our refuge." This is what we need to do. Tell Him how we feel.

2. FORGIVE THOSE WHO HURT YOU



The second thing we need to do is to forgive. Jesus told a story, called a parable, about the importance of forgiving others. Matthew 18:21-35

✝ What lessons can we learn from this story? Discuss.

In the story the king sent the unforgiving servant to prison. We won't be sent to a real prison if we refuse to forgive others, but we may be in a prison on the inside!

✝ What happens in the life of a person who won't forgive others?

Ephesians 4:26-27, 30-31 _____

It is only when we are willing to forgive that Jesus can set us free and heal us. As we learnt in our last study, we have to let God judge those who have done wrong to us.

✚ How did Stephen respond when others hurt him?

Acts 7:54-60 _____

3. ASK GOD TO FORGIVE YOU

💡 How do you usually react or feel when others have hurt you?

Sometimes when we have been hurt we hold wrong attitudes and feelings in our hearts and these grow into bitterness, hatred and a desire to 'pay back' the person who has hurt us. We hide these wrong thoughts by saying it is not our fault!

✚ Why is it so important not to hide or cover our wrong attitudes?

Proverbs 28:13-14 _____

Before we can be fully healed we need to ask God to forgive us for holding these things in our hearts.

4. PRAY FOR HEALING

Then it is good to share with someone you trust what has happened, and ask him or her to pray for you to be healed. This is what it says in James 5:16.



Jesus died on the cross so we can be forgiven of our sin and healed of our sicknesses and inner hurts. Let's choose to forgive those who have hurt us, just as God has forgiven us, and receive His healing. There may be times in the future when you will be hurt again. Whatever happens choose to forgive. Then you will continue to enjoy God's peace, joy and freedom in your life.



Is there anyone who has been hurt and would like prayer right now? Share and pray for one another.

Memory Verse

"He was wounded and crushed for our sins,
He was broken that we might have peace.
He was whipped, and we were healed."

- Isaiah 53:5