

“LEARNING TO LET GO OF HURT”

Introduction:

- Fact – The world is filled with _____.
- Fact – Only one antidote to painful memories. _____.
- Fact – Forgiveness is _____; Trust is rebuilt _____.

THREE QUESTIONS ABOUT LETTING GO OF HURT

A. WHY SHOULD I? TWO REASONS:

1. Because God has _____.

Ephesians 4:22 (NIV) “Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you.”

- Fact – You will never have to forgive _____ than God has forgiven you.
- Problem – When you don’t feel _____, you don’t feel _____.

2. Because _____ doesn’t work.

Job 5:2 (TEV) “To worry yourself to death with resentment would be a foolish, senseless thing to do.”

- Resentment is _____.
- Resentment does not hurt the _____. It hurts _____.

Job 18:4 (TEV) “You are only hurting yourself with your anger!”

- Resentment is _____.

Job 21: 23-25 (TEV) “Some men stay healthy until the day they die...others have no happiness at all; they live and die with bitter hearts.”

- Resentment is _____.

B. WHERE DO I GET THE POWER? One Source: _____.

II Peter 1:3-4 (NLT) “³ By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence. ⁴ And because of his glory and excellence, he has given us great and precious promises. These are the promises that enable you to share his divine nature and escape the world’s corruption caused by human desires.”

C. HOW? THREE STEPS:

1. _____ my right to get even.

Romans 12:19 (LB) "Never avenge yourselves. Leave that to God, for He has said that He will repay those who deserve it."

Matthew 18:21-22 (NLT) "Peter asked, 'Lord, how often should I forgive someone who sins against me? Seven times?' 'No', Jesus replied, 'seventy times seven!'"

- _____time you remember your hurt, you release it.
- KEY: Every time you rehearse it, you make it _____!

Every time you release it, you make it _____!

2. _____on God's purpose for my life.

Job 11:13-16 (LB) "Put your heart right, reach out to God...Then all your troubles will fade from your memory, like floods that are past and remembered no more.

- Don't focus on the _____; focus on the _____.
- Don't focus on the _____; focus on the _____.
- Key: If you don't _____, you start to _____ them.
- Two steps: 1. Do the _____.

2. Ask for _____to come in.

Luke 6:27-28 (NIV) "Do good to those who hate you, bless those who curse you, and pray for those who mistreat you."

3. _____to evil with good.

Romans 12:21 (NIV) "Don't be overcome by evil, but overcome evil with good."

Conclusion: We are to be _____of reconciliation.

2 Corinthians 5:18 (NIV) ⁸All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: