



Dealing with Hurt as God has spoken.

With Bishop Ronald K. Powell

What is Hurt?

Definition of hurt

1: a cause of injury or damage

2a: a bodily injury or wound

2b: mental or emotional distress or anguish: suffering getting past the hurt of a bitter divorce

3: wrong, harm

Why Should I forgive Hurts?

1. Forgiveness is not minimizing the seriousness of an offense.
2. Forgiveness is not an instant restoration of trust.
3. Forgiveness is not resuming a relationship without any changes.

Why should I let go of my hurt?

1. **Because God has forgiven me.**

[Ephesians 4:32 NLT](#)

32 Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

2. Because Resentment doesn't work.

[Job 5:2](#) TEV

2 To worry yourself to death with resentment would be a foolish, senseless thing to do.

[Job 18:4](#) TEV

4 You are only hurting yourself with your anger. Will the earth be deserted because you are angry? Will God move mountains to satisfy you?

[Job 21:23–25](#) TEV

23 Some people stay healthy till the day they die; they die happy and at ease, their bodies well nourished. 25 Others have no happiness at all; they live and die with bitter hearts.

3. Because I will need more forgiveness in the future.

[Matthew 6:14–15 NLT](#)

14 "If you forgive those who sin against you, your heavenly Father will forgive you. 15 But if you refuse to forgive others, your Father will not forgive your sins.

4. Where do I get the power to let go?

[2 Peter 1:3–8 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. 5 In view of all this, make every effort to respond to God's promises. Supplement your faith with a generous provision of moral excellence, and moral excellence with knowledge, 6 and knowledge with self-control, and self-control with patient endurance, and patient endurance with

godliness, 7 and godliness with brotherly affection, and brotherly affection with love for everyone. 8 The more you grow like this, the more productive and useful you will be in your knowledge of our Lord Jesus Christ.

[Romans 14:19 NIV](#)

19 Let us therefore make every effort to do what leads to peace and to mutual edification.

5. How do I let go of those who've hurt me?

1. Relinquish my right to get even.

[Romans 12:19](#) The Living Bible

19 Dear friends, never avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it. Don't take the law into your own hands.

[Matthew 18:21–22 NLT](#)

21 Then Peter came to him and asked, "Lord, how often should I forgive someone who sins against me? Seven times?" 22 "No, not seven times," Jesus replied, "but seventy times seven!

2. Refocus on God's purpose for my life.

[Job 11:13–16](#) The Living Bible

13 "Before you turn to God and stretch out your hands to him, get rid of your sins and leave all iniquity behind you. 15 Only then, without the spots of sin to defile you, can you walk steadily forward to God without fear. 16 Only then can you forget your misery. It will all be in the past.

3. Face the World again.

[Luke 6:27–28 NLT](#)

27 "But to you who are willing to listen, I say, love your enemies! Do good to those who hate you. 28 Bless those who curse you. Pray for those who hurt you.

4. Respond to evil with good.

[Romans 12:21 NLT](#)

21 Don't let evil conquer you, but conquer evil by doing good.

Closing /Prayer