

# HEALING JOURNEY

## NOVEMBER 29, 2021

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### WHEN PAST HURTS STILL HURT

We all have people and/or circumstances that have hurt us in the past. It may have happened many years ago, months ago or even just days ago. Some of those hurts get dealt with fairly quickly, while others may have lingered on. That lingering is what causes us grief, resentment, anger and often times affect our health. Today, together, let's look deep within ourselves to see if there be lingering hurts that are perhaps blocking us from finding the healing we came to this program for.

Ephesians 4:31, 32

<sup>31</sup>Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup>Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

#### **Four Steps to Get Past Your Hurts:**

1. Acknowledge the \_\_\_\_\_.
  
2. Surrender your right to \_\_\_\_\_.
  - a. Forgiveness is about \_\_\_\_\_.
  - b. Forgiveness is NOT about:
    - i. Justifying their \_\_\_\_\_;
    - ii. Letting them off the hook;
    - iii. A guarantee that there will be reconciliation;
    - iv. That we will keep doing life together.
  
3. \_\_\_\_\_ for him/her.  
  
It's not for them, it's for \_\_\_\_\_.
  
4. Be open to reconciliation.
  - a. Forgiveness is something that \_\_\_\_\_do.
  - b. Fellowship (or reconciliation) is what we do IF, and ONLY IF, there is:
    - i. True repentance on their part
    - ii. Real change
    - iii. Trust
    - iv. Honour
    - v. Respect

## **Conclusion**

### **2 Corinthians 13:11**

Finally, brothers and sisters, rejoice! Strive for full restoration, encourage one another, be of one mind, live in peace. And the God of love and peace will be with you.

### **2 Corinthians 12:19**

Have you been thinking all along that we have been defending ourselves to you? We have been speaking in the sight of God as those in Christ; and everything we do, dear friends, is for your strengthening.

### **Matthew 19:26**

He will not quarrel or cry out; no one will hear his voice in the streets.

### **Philippians 2:9**

Therefore God exalted him to the highest place and gave him the name that is above every name

## **PRAYER**

God, I'm ready TO STOP pretending like pain in my past is not affecting my present. Please forgive me for holding onto unforgiveness. Today, I declare I am getting rid of this unforgiveness and letting go of this hurt and anger. I completely forgive \_\_\_\_\_ in Jesus' name, and I thank you that you are healing these wounds that were inflicted. I thank you that you are making me whole and setting me free. And I declare that I am giving up my right to judge or punish this person. I completely forgive. It's all in your hands now. In Jesus' name I pray. Amen!

## **DISCUSSION GROUP**

1. Are you holding on to past hurts?
2. How has that hurt affected you in the past? How does unforgiveness for that hurt affect you today?
3. Are there any of the 4 steps that you find difficult to apply?
4. Can you see how the Bible verses and/or the prayer at the end of the video could help you? If so, how?