

HOW TO WORK THROUGH YOUR PAST GOD'S WAY

Introduction:

Q: What is the world's way on dealing with a painful past, injustice, or abusive relationships?

A: Anger - holding a grudge; resentment - run away; etc.

Time vs. Takes Time

I. The above answers do not work. It is like putting a Band-Aid on a major wound. The problem becomes worse.

II. Jesus is the only one that can heal us of our hurt and pain - but we must do it His way. **Mark 5:25-34**

III. GOD'S WAY IS THAT YOU FACE THE TRUTH.

A. **John 8:31-32**

1. Only the truth will set you free.
2. We have to recognize that our past (childhood, etc.) may affect our openness.
3. We must be willing to face the facts, no matter how much it hurts, to be healed.

B. Action

1. On a piece of paper write:
What. _____ did to hurt me:
2. Then list all the facts, not feelings yet.

IV. THE NEED TO FEEL THE HURT:

- A. On a piece of paper describe how each fact made you feel.
- B. Write down how you responded to each hurt, what you did.

V. YOU MUST FREE YOUR HEART.

A. Recognize that God will judge those who hurt you.

1. God is just and he will judge all of us on Judgment Day.
2. God's protection: **John 17:11-15; 2Thes 3:3; Psalm 10, 17, 26, 31, and 91.**
3. **Romans 12:9** God says, "It is mine to avenge; I will repay."

B. Recognize that God will also judge you for your actions and attitudes towards those who hurt you as well.

1. Take responsibility for your sinful responses and repent.
2. Anger, resentment, bitterness, impatience, and hatred are all sins, no matter what the cause - and must be repented of. **Ephesians 4:31-32; Colossians 3:8; 2Timothy 3:3; and 1 Peter 2:1.**

C. Write an apology letter to God about these sins.

D. Forgive those who hurt you. Forgive all those things listed earlier and for how they made you feel, as you want God to forgive you.

1. **Mathew 6:14--15**
2. **Matthew 5:44**
3. **Matthew 18:21-35**

E. Surrender the hurt and pain to God emotionally. **1 Peter 2:18-25** (focus on v. 23} - How did Jesus emotionally surrender the pain to God?