**Best Days Ministries**

**Mr. Matt and Mrs. Sharon**

**H.U.R.T.**

**Harboring Unforgiving Resentful Thoughts   
Session One**

**Scripture:** *Beloved, do not think it strange concerning the fiery trial which is to try you, as though some strange thing happened to you;*

***(I Peter 4:12 NKJV)***  
  
**Aim:** To enable you to better understand what you are going through and help you to find the strength to continue to stand in the midst of suffering hurts.  
 **The Certainty of Suffering**

There are two types of people in the world. Those who have been hurt and those who will be hurt. When you make a commitment to follow Christ, you don’t receive an exemption from getting hurt.

1. **You may decide to IGNORE IT**

**Deny it** – That didn’t hurt me. I’m not mad.

**Delay it** – I’ll deal with that later. I don’t get mad I get even.

**Minimize it** – It’s no big deal. It didn’t hurt so bad.

Denying hurts, delaying hurts, minimizing hurts will turn minor problems into major ones.

Wounds get infected and spread when they aren’t dealt with. Look at what **Psalm 39:1-3** says about trying to ignore hurt.

*I’m determined to watch steps and tongue so they won’t land me in trouble. I decided to hold my tongue as long as Wicked is in the room. “Mum’s the word,” I said, and kept quiet. But the longer I kept silence, The worse it got— my insides got hotter and hotter. My thoughts boiled over; I spilled my guts.* ***(Psalm 39:1-3 MSG)***

1. **You may decide to RUN FROM IT**

*6 I said, "Oh, that I had the wings of a dove!   
I would fly away and be at rest-   
7 I would flee far away   
and stay in the desert;   
8 I would hurry to my place of shelter,   
far from the tempest and storm."* ***(Psalm 55:6-8)***

When people hurt, sometimes they run. People run to: television and watch it for hours on in, some run to drugs and alcohol, others will run to food, shopping and even inappropriate relationships, trying to find relief. But when we get through running we find the problem is still there. Running doesn’t solve it.

1. **You may decide to HIDE IT**

*When I kept things to myself, I felt weak deep inside me. I moaned all day long.*

***(Psalms 32:3 NCV)***

Many of us are good at doing this. We wear a mask. We don’t tell anyone we hurt. We are quite good at camouflaging our pain.

When someone asks if we are OK we say that everything is fine. We don’t like to admit that someone has hurt our feelings. If we admit that we are hurt, sometimes we open ourselves up to more hurt – so we hide it.

And for some it works…for a while, but eventually the mask falls off. The problem is, that the longer we ignore it, the more it festers and if left untreated, it will eventually explode.

The sad truth is just as toxic waste tends to resurface, one day the things you have crammed into your subconscious or buried deeply in the recesses of your heart will rise to the surface and begin to contaminate your life.

We can’t live with poison inside of us and not expect it to eventually do us harm.

Everybody has a hurt, so you’re not alone. You’re not the only one with the hurt. You can try to run from it, you can try to hide from it and You can try to deny it. And you may find a temporary peace, but the certainty of suffering is a reality.

**Hurt People-Hurt People**

*14Bless those who persecute you; bless and do not curse.*

*15Rejoice with those who rejoice; mourn with those who mourn.*

*16Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited.*

*17Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone.*

*18If it is possible, as far as it depends on you, live at peace with everyone.*

*19Do not take revenge, my dear friends, but leave room for God’s wrath, for it is written: “It is mine to avenge; I will repay,” says the Lord.*

*20On the contrary: “If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head.”*

*21Do not be overcome by evil, but overcome evil with good.* ***(Romans 12:14-21)***