

DEALING WITH DEVASTATION

Painkiller

John 16:33 “I have told you all this so that you will have peace of heart and mind. Here on earth you will have many trials and sorrows; but cheer up, for I have overcome the world.” (TLB)

5 Remedies For Hurt That Don't Work

1. Don't ignore it

Psalms 32:3 There was a time when I wouldn't admit what a sinner I was. But my dishonesty made me miserable and filled my days with frustration. (TLB)

2. Don't run from it

Psalms 55:4-7 My heart is in anguish within me; the terrors of death assail me.
⁵ Fear and trembling have beset me; horror has overwhelmed me. 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;” (NIV)

3. Don't hide it

James 5:16 Admit your faults to one another and pray for each other so that you may be healed. The earnest prayer of a righteous man has great power and wonderful results. (TLB)

Galatians 6:2-3 Share each other's troubles and problems, and so obey our Lord's command. ³ If anyone thinks he is too great to stoop to this, he is fooling himself. He is really a nobody. (TLB)

4. Don't get bitter

Hebrews 12:15 Look after each other so that not one of you will fail to find God's best blessings. Watch out that no bitterness takes root among you, for as it springs up it causes deep trouble, hurting many in their spiritual lives. (TLB)

5. Don't give up

Psalms 34:18 The LORD is close to the brokenhearted and saves those who are crushed in spirit. (NIV)

Psalms 147:3 He heals the brokenhearted and binds up their wounds. (NIV)

Luke 4:18 “The Spirit of the Lord is upon me; he has appointed me to preach Good News to the poor; he has sent me to heal the brokenhearted and to announce that captives shall be released and the blind shall see, that the downtrodden shall be freed from their oppressors, and that God is ready to give blessings to all who come to him.” (TLB)

CG Questions

1. Why do we experience hurt and pain?
2. Why should we not ignore or run from our hurts?
3. Why is it important for us to allow other people to carry our burdens?
4. How can our Community Group do a better job of carrying each other's burdens?
5. How do we allow Jesus to heal us from our hurts?