

NOT IF, WHEN

The Goal: Heal the hurt in a way that the hurt becomes a catalyst for health.

WHY THE PSALMS

We get an accurate picture of the human heart in a way we feel.

- Consider: lament and imprecatory Psalms.

CERTAIN THINGS

Some things are just hard to say out loud.

MADE WORSE

We send messages that say, “don’t acknowledge your hurt.”

THE PATH TO HEALTH

Say your specific hurt.

SAYING IT

1. Not just trying to get the pain off our chest, but desiring to get our eyes on God.
2. It is really hard to address and advance past what you will not admit.
3. The specifics provide perspective.

NOT POPULAR PSYCHOLOGY

Jesus understands and can handle your hurt.