

**Haunted By My Hurts**  
**The Ghosts of Christmas Past – Part 1**  
**Pastor Gordon**  
**November 25, 2018**

*“God heals the brokenhearted and bandages their wounds.”*  
*(Psalm 147:3, NCV)*

**STEPS IN GOD’S HEALING PROCESS**

**REVEAL MY HURTS**

*“I kept very quiet. I didn’t even say anything good, but I became even more upset. I became very angry inside, and as I thought about it, my anger burned.” (Psalm 39:2–3, NCV)*

*“When I kept things to myself, I felt weak deep inside me. I moaned all day long.” (Psalm 32:3, NCV)*

*“Confess your sins to each other and pray for each other so that you may be healed.” (James 5:16, NIV)*

**RELEASE THOSE WHO’VE HURT ME**

*“Never pay back evil for evil... never avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it.” (Romans 12:17, 19, The Living Bible)*

*“When [Jesus] suffered he did not threaten to get even; he left his case in the hands of God who always judges fairly.” (1 Peter 2:23, The Living Bible)*

*“...a bitter spirit is not only bad in itself but can also poison the lives of many others” (Hebrews 12:15, PH)*

**REPLACE THE OLD LIES WITH GOD’S TRUTH**

*“...let God transform you into a new person by changing the way you think.”  
(Romans 12:2, NLT)*

*“... through what Christ would do for us; God decided then to make us holy in his eyes, without a single fault—we who stand before him covered with his love.” (Ephesians 1:4, The Living Bible)*

### **REFOCUS ON THE FUTURE**

*“Put your heart right, Job. Reach out to God. Then face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more.” (Job 11:13–16, TEV)*

*“Look straight ahead with honest confidence; don’t hang your head in shame.” (Proverbs 4:25, TEV)*

### **RECEIVE SUPPORT FROM MY SMALL GROUP**

*“God comforts us every time we have trouble, so when others have trouble, we can comfort them with the same comfort God gives us.” (2 Corinthians 1:4, NCV)*

*“If someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. Carry each other’s burdens, and in this way you will fulfill the law of Christ.”  
(Galatians 6:1–2, NIV)*

*“Anyone who belongs to Christ is a new person. The past is forgotten, and everything is new.” (2 Corinthians 5:17, CEV)*

**Action Steps: Celebrate Recovery /Small group**