

## **Christmas Gift Exchange Hurt for Healing**

**Topic:** We all experience hurts of various kinds—violence, belittling, betrayal, church hurt, etc. One of the sad results of experiencing hurt is the damage it does to our sense of self. Experiencing hurt can twist our understanding of our identity. We allow others or circumstances to identify us and we languish in despair, frustration, fear, doubt, and despair.

There is a better way. Psalm 107:19-20 says, “Then they cried out to Yahweh in their trouble; He saved them out of their distresses. He sent His word and healed them, and provided them escape from their destructions.” We can allow God’s word to heal us. As Jeremiah 17:14-15 reminds us, scoffers will deny God’s presence, “Heal me, O Yahweh, and I will be healed; save me and I will be saved, for You are my praise. Behold, they keep saying to me, ‘Where is the word of Yahweh? Let it come now!’”

When we don’t see God’s word and its healing, our hurts multiply. Not only do we experience the hurt at hand, but we experience the hurt of God not sending His word to heal. Christmas reminds us of Emmanuel (God with us) and that the word became flesh. Jesus (the word made flesh) experienced hurt to heal us. He lived a human life, experiencing scorn, sadness, threat, betrayal, mockery, rejection, and death. He overcame these by His resurrection by placing faith in Him we can be healed.

**Association:** Share some of your hurts. Have you experienced church hurt? How have these hurts impacted your self-identity?

**Guidance:** Remind one another of who we are according to the word of God. Read the following truths from the word of God and exchange your hurt for His healing.

### **I am a child of God.**

But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name. (John 1:12)

### **I am loved, and I am to imitate God.**

Therefore be imitators of God, as beloved children, and walk in love, just as Christ also loved us and gave Himself up for us, an offering and a sacrifice to God as a fragrant aroma. (Ephesians 5:1-2)

### **I am a branch of the true vine, and a conduit of Christ’s life.**

I am the true vine, and My Father is the vinedresser. . . . I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing. (John 15:1, 5)

**I am a friend of Jesus.**

No longer do I call you slaves, for the slave does not know what his master is doing; but I have called you friends, for all things that I have heard from My Father I have made known to you. (John 15:15)

**I am justified and redeemed.**

[In Christ Jesus, all who believe are]. . . being justified as a gift by His grace through the redemption which is in Christ Jesus. (Romans 3:24)

**I am no longer a slave to sin—my old self was crucified with Christ.**

. . . knowing this, that our old self was crucified with Him, in order that our body of sin might be done away with, so that we would no longer be slaves to sin. (Romans 6:6)

**I am not condemned by God.**

Therefore there is now no condemnation for those who are in Christ Jesus. (Romans 8:1)

**I am set free from the law of sin and death.**

For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. (Romans 8:2)

**As a child of God, I am a fellow heir with Christ.**

. . . and if children, heirs also, heirs of God and fellow heirs with Christ, if indeed we suffer with Him so that we may also be glorified with Him. (Romans 8:17)

**I am accepted by Christ.**

Therefore, accept one another, just as Christ also accepted us to the glory of God. (Romans 15:7)

**I am called to be a saint.**

To the church of God which is at Corinth, to those who have been sanctified in Christ Jesus, saints by calling, with all who in every place call on the name of our Lord Jesus Christ, their Lord and ours. (1 Corinthians 1:2; cf. Ephesians 1:1; Philippians 1:1; Colossians 1:2)

**In Christ Jesus, I am in His wisdom, righteousness, sanctification, and redemption.**

But by His doing you are in Christ Jesus, who became to us wisdom from God, and righteousness and sanctification, and redemption. (1 Corinthians 1:30)

**I am a temple of the Holy Spirit who dwells in me.**

Do you not know that you are a temple of God and that the Spirit of God dwells in you? . . . Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? (1 Corinthians 3:16; 6:19)

**I am joined to the Lord and am one spirit with Him.**

But the one who joins himself to the Lord is one spirit with Him. (1 Corinthians 6:17)

**I am triumphant and knowledgeable of Christ.**

But thanks be to God, who always leads us in triumph in Christ, and manifests through us the sweet aroma of the knowledge of Him in every place. (2 Corinthians 2:14)

**I am unveiled and transformed in Christ.**

But their minds were hardened; for until this very day at the reading of the old covenant the same veil remains unlifted, because it is removed in Christ... But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit. (2 Corinthians 3:14, 18)

**I am a new creature in Christ.**

Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come. (2 Corinthians 5:17)

**I am the righteousness of God in Christ.**

God made Him who knew no sin to be sin on our behalf, so that we might become the righteousness of God in Christ. (2 Corinthians 5:21)

**I am one with all who are in Christ Jesus.**

There is neither Jew nor Greek, there is neither slave nor free man, there is neither male nor female; for you are all one in Christ Jesus. (Galatians 3:28)

**I am no longer a slave, but a child and an heir.**

Therefore you are no longer a slave, but a son; and if a son, then an heir through God. (Galatians 4:7)

**I am free in Christ.**

It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery. (Galatians 5:1)

**I am blessed with every spiritual blessing in the heavenly places.**

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ. (Ephesians 1:3)

**I am chosen, holy, and blameless before God.**

... just as He chose us in Him before the foundation of the world, that we would be holy and blameless before Him. (Ephesians 1:4)

**I am redeemed and forgiven by the grace of Christ.**

In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace. (Ephesians 1:7)

**I am predestined by God to obtain an inheritance.**

In Him also we have obtained an inheritance, having been predestined according to His purpose who works all things after the counsel of His will. (Ephesians 1:10b–11)

**I am sealed with the Holy Spirit of promise.**

In Him, you also, after listening to the message of truth, the gospel of your salvation—having also believed, you were sealed in Him with the Holy Spirit of promise. (Ephesians 1:13)

**Because of God's mercy and love, I am alive with Christ.**

But God, being rich in mercy, because of His great love with which He loved us, even when we were dead in our transgressions, made us alive together with Christ (by grace you have been saved). (Ephesians 2:4-5)

**I am seated in the heavenly places with Christ.**

. . . and raised us up with Him, and seated us with Him in the heavenly places in Christ Jesus. (Ephesians 2:6)

**I am God's workmanship created to produce good works.**

For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them. (Ephesians 2:10)

**I am near to God by the blood of Christ.**

But now in Christ Jesus you who formerly were far off have been brought near by the blood of Christ. (Ephesians 2:13)

**I am a member of Christ's body and a partaker of His promise.**

. . . the Gentiles are fellow heirs and fellow members of the body, and fellow partakers of the promise in Christ Jesus through the gospel. (Ephesians 3:6; see also 5:30)

**I am bold and confident in access to God through faith in Christ.**

. . . in whom we have boldness and confident access through faith in Him. (Ephesians 3:12)

**I am to be my new self—righteous and holy.**

. . . put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth. (Ephesians 4:24)

**I was formerly darkness, but now I am light in the Lord.**

. . . you were formerly darkness, but now you are Light in the Lord; walk as children of Light. (Ephesians 5:8)

**I am a citizen of heaven.**

For our citizenship is in heaven, from which also we eagerly wait for a Savior, the Lord Jesus Christ. (Philippians 3:20)

**I am guarded, heart and mind by God's peace.**

And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. (Philippians 4:7)

**I am supplied, as God supplies all my needs.**

And my God will supply all your needs according to His riches in glory in Christ Jesus.  
(Philippians 4:19)

**I am complete in Christ.**

. . . in Him you have been made complete, and He is the head over all rule and authority.  
(Colossians 2:10)

**I am raised up with Christ.**

Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. (Colossians 3:1)

**I am hidden with Christ in God.**

For you have died and your life is hidden with Christ in God. (Colossians 3:3)

**Christ is my life, and I am to be revealed with Him in glory.**

When Christ, who is our life, is revealed, then you also will be revealed with Him in glory.  
(Colossians 3:4)

**I am chosen of God, and I am holy and beloved.**

So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience. (Colossians 3:12)

**I am loved and chosen by God.**

. . . knowing, brethren beloved by God, His choice of you. (1 Thessalonians 1:4)

Pray with and for one another.

Merry Christmas and Happy Incarnation!