

Shake it Off: Hurt

WE ALL DEAL WITH HURT

Hurt is something we all deal with.
Sometimes People hurt us Accidentally
Sometimes on Purpose.

Life has a way of beating us up.
But not just life ... most of the time it's People.
It is shocking how mean people to can be at times

This seems Heightened in our Culture of Social Media
Where everyone is talking and no one is listening.
Easier to Get hurt and Easy to get offended in our culture

HURT HURTS/ LEADS TO MORE HURT

It's a cycle that tears us apart.
Tactic of The Enemy to Isolate....Broken Relationship
Tries to get us all fighting, hurt, alone, bitter
we choke on our unforgiveness

Hurt isn't the Problem

How we deal with it can become the problem.

Hurt leads to the secondary emotion of Anger
And that Anger leads to Unforgiveness.

Unforgiveness is the Devils playground
Where he keeps us from a full life.

Hebrews 12:14 (NLT)

14 Work at living in peace with everyone, and work at living a holy life, for those who are not holy will not see the Lord. 15 Look after each other so that none of you fails to receive the grace of God. Watch out that no **poisonous root of bitterness** grows up to trouble you, corrupting many.

Wait.....this tells us that we are supposed to watch out....

That we don't let bitterness grow in us....Unforgiveness grows.

Why is it on us?

We weren't the ones doing the hurting....we were the victim

Why would scripture tell US to watch out?

They should watch out.....they're the ones

This doesn't seem fair.

What about MY HURT.....MY PAIN

WHAT WAS Done to me.

WHAT NOW...Do we go on living with the wound forever?

Ephesians 4:25-32

25 Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. **26** "In your anger do not sin"^[d]: Do not let the sun go down while you are still angry, **27** and do not give the devil a **foothold**. **28** Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. **30** And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. **31** Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. **32** Be kind and compassionate to one another, **forgiving each other**, just as in Christ God forgave you.

FORGIVENESS IS THE BEST RESPONSE TO HURT

The best thing for YOU.....your health, life, happiness, relationship with God.

C. S. Lewis said: "Everyone says forgiveness is a lovely idea until they have something to forgive."

Often times We want to hang onto our hurt....
like it makes the pain more valuable or worth it.

Anger/ Unforgiveness Gives a foothold to the DEVIL
How long do you want to give him a foot hold
Access to your life?

God asks us to forgive for our own good
Forgive so we are forgiven
We can stay angry....But we will suffer
Emotionally, relationally, mentally, physically
It will take a toll on you.

Matthew 6:14-15 (NIV) 14 For if you forgive other people when they sin against you, your heavenly Father will also forgive you. 15 But if you do not forgive others their sins, your Father will not forgive your sins.

Ephesians 4:32 (NIV) 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Colossians 3:13 (NIV) 13 Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

Unforgiveness literally keeps us from God
Cuts us off from his grace....His Mercy
It doesn't seem fair.....because we should have the right to hang onto it

But that is not what God says..... He says forgive as I have forgiven.

FORGIVENESS IS LIBERATING

The greater the hurt the greater the blessing that comes with forgiveness.

Why does blessing come from Forgiveness?

Because it sets you free

Forgiveness in its essence is a decision made on the inside to refuse to live in the past.

It's a conscious choice to release others from their sins against you
so that **you** can be set free.

It doesn't deny the pain or change the past,
but it does break the cycle of bitterness

Forgiveness allows you to SHAKE IT OFF....and move on

What does it look like?

Let me list a few things forgiveness does not mean:

It does not mean approving of what someone else did.

It does not mean pretending that evil never took place.

It does not mean making excuses for other people's bad behavior.

It does not mean justifying evil so that sin somehow becomes less sinful.

It does not mean overlooking abuse.

It does not mean denying that others tried to hurt you repeatedly.

It does not mean letting others walk all over you.

It does not mean forgetting the wrong that was done.

It does not mean pretending that you were never hurt.

It does not mean that you must restore the relationship to what it was

It does not mean that you must become best friends again.

It does not mean there must be a total reconciliation as if nothing ever happened.

It does not mean that you must tell the person that you have forgiven them.

It does not mean that all negative consequences of sin are canceled.

FORGIVENESS IS A MATTER OF THE HEART

This is a huge point of Clarity

We may be resisting forgiveness because we don't understand the expectation

Most of us probably think forgiveness is about what we **do or what we say**.

But it is not...it's a matter of the heart

Forgiveness begins in the heart and eventually works its way outward.

It starts in the heart.

Heard it said that Unforgiveness is like taking poison and hoping the other person will die.

Forgiveness is between you and God.

Other people may or may not understand it,

Might not recognize it, or own up to their need to receive it.

We can even use forgiveness to try to jab...and let them know....

Question... is your heart right?

So they have to know they wronged you for you to forgive?

Luke 6:37 (NIV) "Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.

You can forgive without a restoration of the relationship.

You can forgive when the other person has done nothing to earn it

forgiveness is like salvation—it is a gift that is freely given

it cannot be earned

You can forgive and the other person may never even know

You can forgive without saying, "I forgive you"

forgiveness is a matter of the heart.

FORGIVENESS HAS NO LIMIT

I get People Go through serious stuff. REAL HURT/ PAIN
You didn't ask for it

God is saying trust Him with the offense, hurt

Righteous Anger

That is an exception right?
Problem is that righteous anger isn't in scripture.
Everyone thinks their anger is righteous
My Unforgiveness is Justified....because.....xx

Righteous Anger is not in the bible
Only God's anger is righteous
Never told to hang onto anger

Shouldn't I be angry about Sex Traffickers... serial killers
Their actions are upsetting but we should not hold hate
anger, unforgiveness towards them
That's God's job

God is allowed anger because his character can handle it

He can Judge because he knows and sees everything with a pure heart
We can trust him with Judgement because he is perfect.

We have to be able to trust the justice of God if we are going to call on the mercy of God

Jesus helps us understand this with a story

Man that had a huge debt....today it would be like \$50 million
His boss asked for the money and the man begged for forgiveness.
He had spent all the money and could not pay.

The Boss forgave the whole debt....clean slate!!

Then Jesus says that the man who was just forgiven the huge sum
Ran into a guy that owed him equivalent of \$100
He asked for it and when the other man couldn't pay

He had him put in jail!!

When people heard about it they told the boss....
He had him tossed in Jail to be tortured until he could pay it all back.
King James says...turned over to his "tormentors"

The moral is clear

Matthew 18:35

35 "This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart."

Unless we learn to forgive with NO LIMITS Jesus says we will be tormented
In eternity and in this life
Tormented by Anger and bitterness.....eats away at us

Tormented by frustration and malice that gives us
High blood pressure...ulcers...migraines

Tormentors that make you lay awake at night stewing over what happened

Tormented by unforgiveness that stalks you day and night

Tormentors that suck the joy out of your life....

Jesus teaches us to Forgive....without Limits because he knows it's what we need

To live life to the full we can't be poisoned with bitterness from Hurt!!!

One day Peter asked Jesus how many times should we forgive someone
(Matthew 18:21-35).

Jesus told him, "Seventy times seven."

Do the math in your head. That's 490 times.

That's a lot of sin, a lot of pain, a lot of hurt and
that's a whole lot of forgiveness!!

It seems impossible and definitely impractical but that's what Jesus said.

Jesus shows us how it is done.

I think the greatest, most profound statement on this topic in the entire Bible
found in Luke 23:34

It is the finest, purest, highest example of forgiveness.
When Jesus was hanging on the cross,
Moments before dying says the words
that will be heard for eternity:

Luke 23:34 (NIV) "Father, forgive them, for they don't know what they are doing"

That is what we must say if we are going to follow Jesus.

I don't say this with ease....I'm in a struggle in my heart with someone
I must say it

We must say it to people who hurt us deliberately and repeatedly.

We must say it to those who intentionally attack us.

We must say it to those who casually and thoughtlessly wound us.

We must say it to those closest to us, to our husband or wife, to our children,
to our parents, to our friends, to our neighbors,
to our brothers and sisters, to our fellow Christians and sinners.

CLOSE BY BEING VERY PRACTICAL

Lewis Smedes wrote a book (Forgive and Forget)

Three Levels of Forgiveness

1. First, we rediscover the humanity of the person who hurt us. HUMILITY
That simply means that without diminishing their sin,
we admit that they are sinners just like we are sinners.

2. Second, we surrender our right to get even. TRUST
This is hard because it is not natural
want someone else to pay for all the pain they caused us.
But in the end, we must leave all judgment in the hands of a just and merciful God.

3. Third, we change our feelings toward the other person. LOVE
This means giving up our hatred and letting go of our bitterness.
Ultimately, it means taking Jesus seriously when he said,
“Love your enemies, bless those who curse you, do good to those who hate you, and
pray for those who spitefully use you and persecute you” (Matthew 5:44 NKJV).

You will know you have forgiven when you are able to ask God to bless those who have hurt you so deeply. This is indeed a high standard, so high that without God it is impossible.

True Forgiveness is supernatural.

Pray Over Steps

1. Struggling with Unforgiveness
Received God's Mercy but havent Humbled yourself to extend it to others
Feel it rotting you from the inside...
Holding to a self righteous that justifies your anger/ unforgiveness
Change to wake up each day with gratitude for what God has done for you

2. Struggling to Trust
Righteous anger, hard to let go
Want vengeance, justice
Holding onto it until you get it...
Help you release anger immediately, choose to not be offended

3. Want to take final step
Be able to pray for your enemy
Those that have hurt you
Healing to your heart by praying for those that have wronged you.

Matthew 6:9-13

“Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,

 on earth as it is in heaven.

Give us today our daily bread.

12 And forgive us our debts,

 as we also have forgiven our debtors.

13 And lead us not into temptation,[\[a\]](#)

 but deliver us from the evil one.

 In the name of Jesus...Amen