

"How to Heal a Hurting Heart"

Pastor Jeremy McGarity

HOW TO HEAL A HURTING HEART

1 Never seek **REVENGE**.

"Don't take it on yourself to repay a wrong. Trust the Lord and he will make it right."

PROVERBS 20:22 | GNT

2 Deal with it **QUICKLY**.

"Don't sin by nursing your grudge. Don't let the sun go down with you still angry -- get over it quickly."

EPHESIANS 4:26 | LB

Four Options with Grudges

- **NURSE** it
- **CURSE** it
- **REHEARSE** it
- **DISPERSE** it

"This is how I want you to conduct yourself in these matters. If you enter your place of worship and, about to make an offering, you suddenly remember a grudge a friend has against you, abandon your offering, leave immediately, go to this friend and make things right. Then and only then, come back and work things out with God."

MATTHEW 5:23-24 | MSG

3

Forgive WHETHER THEY ASK OR NOT.

"... Forgive each other as readily as God forgave you in Christ."

EPHESIANS 4:32 | JB

"In prayer there is a connection between what God does and what you do. You can't get forgiveness from God, for instance, without also forgiving others."

MATTHEW 6:14 | MSG

4

Change your FOCUS.

"Come close to God, and God will come close to you."

JAMES 4:8 | NLT

The Killer B's

- B LAME test
- B BITTERNESS test
- B BEHAVIOR test

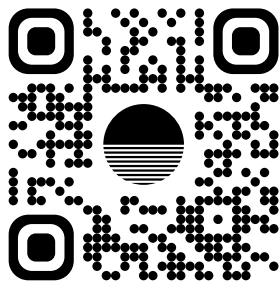
"For I can do everything through Christ, who gives me strength."

PHILIPPIANS 4:13 | NLT

- **The debt and the woman at Jesus' feet.**
(Luke 7:40-47)
- The FORGIVEN person is the
FORGIVING person.

GNT = GOOD NEWS TRANSLATION, LB = LIVING BIBLE,
MSG = THE MESSAGE TRANSLATION, JB = JERUSALEM BIBLE,
NLT = NEW LIVING TRANSLATION.

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Small Group Questions

- 1** Share one thing that stood out to you in this week's sermon and why?
- 2** Share a time when you had a grudge that you didn't handle correctly. **What was the outcome, and how could you have handled it differently?**
- 3** **Why is it important for you to forgive other people, even if they don't ask you for it?** Go around the group and share.
- 4** Where is God showing you that you need to forgive?
- 5** How can we be praying for you this week?