

# CHURCH HURT

## Courageous Message Series Week 11

### 2 Timothy 4:9-22

Pastor Jeff Burkholder  
June 28, 2026

#### How to navigate through church hurt:

1. **Don't isolate.** (2 Timothy 4:9, 21)

“One sometimes meets super-spiritual people who claim that they never feel lonely and have no need for friends, for the companionship of Christ satisfies all their needs. But human friendship is the loving provision of God for mankind.”

David Platt, Daniel Akin, and Tony Merida, *Christ-Centered Exposition: Exalting Jesus in 1 & 2 Timothy and Titus*, B&H Publishing Group, Nashville, TN, 2013, p. 217.

Bear one another's burdens, and so fulfill the law of Christ.

-Galatians 6:2 (ESV)

## 2. Choose forgiveness. (2 Timothy 4:14, 16)

- Forgiveness involves entrusting justice to God. (1 Peter 2:23)
- Forgiveness is an act of surrender, submission, and obedience to God. (Ephesians 4:31-32)

“To forgive as Christ forgave you is to trust that Christ’s blood was enough payment for both the sins against you and for your own sins. Forgiveness is not giving up your demand for justice; it is a decision to give your claim for justice to God through Christ. This decision to forgive is between you and God alone. It does not depend upon your offender’s willingness (or ability) to change behavior or to repay you. Christ already suffered for sin. You can forgive the one who hurt you before they make amends or even if they never make amends. You can forgive even if you are never reconciled with that person.

When you forgive others the debts of sin against you, releasing your claims for justice to God, you are free to love them rather than seek vengeance. They no longer owe you, but rather, they owe God. Forgiveness frees you to love others as Christ loved them.”

Watermark Community Church, *re|generation*  
Steps 7-9, Dallas, TX, 2020, p. 52.

### 3. Look to reconcile. (2 Timothy 4:11)

- Jesus calls us to attempt to reconcile.  
(Matthew 5:23-24)

If possible, so far as it depends on you, live peaceably with all.

-Romans 12:18 (ESV)

### 4. Put your hope in God. (2 Timothy 4:16-18)

“Many a wife believes it is her husband’s duty to bring her happiness. Such a woman is actually acting as if it’s okay to put her inner sense of well-being in the hands of another human being. The person next to you is never a safe source of your happiness because that person is flawed and will inevitably fail you in some way. Only God is ever a safe keeper of the security, peace, and rest of your soul.”

Paul David Tripp, *New Morning Mercies*, Crossway, Wheaton, IL, 2014, June 2.