

GOD'S PERScription TO YOUR HURT P6A

"You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows." Psalm 23:5

I. WHAT NOT TO DO WHEN YOU HURT

1. DON'T _____

"I kept very quiet... but I became ever more upset. I became very angry inside, and as I thought about it, my anger burned."
Psalms 39:2-3 (NCV)

2. DON'T _____

"I wish I had wings like a dove. Then I'd fly away and rest. I would hurry to my place of escape..." Psalms 55:6+8 (NCV)

3. DON'T _____

"When I kept things to myself, I felt weak deep inside me. I moaned all day long." Psalms 32:3 (NCV)

4. DON'T _____

"To worry yourself to death with resentment would be a foolish, senseless thing to do." Job 5:2 (GN)

5. DON'T _____

"You are only hurting yourself with your anger." Job 18:4 (GN)

Next week we will look at God prescription on Hurt - Part 6B

II. WHAT GOD SAYS TO DO WHEN YOU HURT