

## CCC GODS PRESCRIPTION TO YOUR HURT P6A

### Psalm 23:5

We're continuing in our series called God Pharmacy. We're going through Psalm 23 somewhat verse by verse. Today we're going to looking at God's Prescription to Your Hurt. See God created us and when He created you and I... He knew the things that we would be faced with in this life. He knew the hurts, the habits and the hang-up's we would all have in this life. This morning I bring you, Good News, you don't have to settle living in those hurts. God has a plan and a purpose for your life and He has given us a prescription to get well, to become whole, to become free of those hurts, habits and hang-ups in our lives. We live in an imperfect world, in others word; you're going to be hurt. You'll be hurt by accidents, by illnesses. But the deepest hurts you'll have in your life will come from people.

Relationships are the greatest source of stress in our lives. They are also the greatest blessing and the greatest joy in our lives. But people do hurt people; people do hurt us, sometimes intentionally, sometimes unintentionally, sometimes accidentally, and sometimes on purpose. The problem is our response to those hurts is usually the wrong thing. God has given us in His word, the Bible, three illustrations or symbols that illustrate three steps you and I need to take in order to let God heal our hurt. This is the illustration, it comes from the 23<sup>rd</sup> Psalms, "*You prepare a table before me in the presence of my enemies. You anoint my head with oil. My cup overflows*" but before we can look at God's prescription to the hurts... to healing our hurts. I need to tell you a few things not do when people hurt you. These things mess you up if you do them. These

things cause problems in your life: So this morning what I want to look at is:

## **I. WHAT NOT TO DO WHEN YOU HURT**

**1. DON'T IGNORE IT** This is called, the Clint Eastwood approach to pain. You suffer in silence. You bite the bullet. You become the Macho man. You pretend it doesn't exist. Hope it will go away. We often try to cope with our hurt by pretending it doesn't exist.

There are several ways to do this:

- 1) Flat out denial -- I don't have a problem; I'm not hurting. We deny how we really do feel. People hurt us and we say, That didn't hurt.
- 2) Minimizing it -- It was no big deal. It didn't hurt me that bad.
- 3) Procrastinate -- We postpone doing anything about it. Sweep it under the carpet. One of these days.... We keep

putting it off. We keep postponing it because we always try to postpone the unpleasant. Ignoring your hurt never heals it. The hurt that you're trying to ignore right now won't get any better. People say, "Time heals all wounds" sometimes time makes them worse if we keep putting it off. Ps. 39 *"I kept very quiet... but I became even more upset. I became very angry inside, and as I thought about it, my anger burned."* Procrastination turns minor problems into major ones. It gets worse. It festers. The wounds get infected and spread when we don't deal with them immediately. The second thing not to do when you hurt.

**2. DON'T RUN FROM IT** I call this the Don Knotts approach. Runaway. Escape. Mr. Chicken. Retreat. Run from your problems. Don't face anything. David tried this too. Ps. 55, *"I wish I had wings like a dove. Then I'd fly away and rest. I would hurry to my place of escape..."* This

is human nature. When we face difficulty we want to and often do just run from it. It's not by accident that all doors in public buildings open outward. When people panic, they run. We try to get away from our pain. There are many different ways to escape: movies, television, alcohol, drugs, divorce, Disney World. The problem is that you will still have the same problems when you return. You can get high but when you come down from the high, when you get over the hangover, guess what... nothing is solved, nothing is changed. Another thing you shouldn't when you hurt is;

**3. DON'T HIDE YOUR HURT** Some people don't run from it or ignore their hurt; they hide it. They keep it to themselves. They don't tell anybody even those they feel safe with to tell. They wear a mask. Some of you are quite good at camouflaging your pain. You wear nice clothes and

have a pleasant smile but the fact is you've been hurt by somebody very deeply. Sometimes we play a game called "Is something wrong?" We always answer, "No, nothing's wrong." We hate to admit it when we're hurt. We'll admit it when we're angry, but not when we're hurt. We don't like to admit that somebody hurt our feelings. So we disguise it. Sometimes people camouflage their pain with materialism. They buy it in nice cars and homes and surround themselves with things and when they hurt they go shopping. Possessions never compensate for pain. When you hurt all the possessions in the world won't soothe that hurt. "*When I kept things to myself, I felt weak deep inside me. I moaned all day long.*" Hiding a hurt only intensifies it. It only makes it worse.

Here at Calvary we are committed to building an atmosphere of openness and honesty and authenticity, of

confidentiality. In other words in all of our gatherings our small group, our Monday Night Men's Fellowship, in CR, what is said there stays there. It is not to be taken out and shared with others, that includes spouses. Why because we were trying to build an atmosphere of openness and honesty and authenticity here in all our ministries. We want to create a safe place where real people can share real problems without being judged, by being accepted and loved just as they are a place where they can find safety and be able to share. There is healing when you're able to do that, when you feel comfortable to share. When you find out somebody else has the same problem or a similar problem you do... it makes you feel better. But we can't share unless we stop hiding. James 5:16 "*Confess your faults one to another that you may be healed.*" **Revealing your feeling is the beginning of healing.** When you share

your hurt that's the starting process for getting over it, but as long as you hold onto it, as long as you hold it in, as long as you hide it in your heart... you can't get well. Some of you are holding onto hurts that happened years and years ago to you. You can't get well if you're still hiding it. The best place to share is in a small group and that's why we believe in small groups, and that's why we have so many available. Everybody has a hurt. It's different for each but everybody has hurts. You're not alone. You're not even the only one with the hurt you've got. You may think you are. You may think you're the only one in the world with the hurt you have. But there are others that have the same hurt you do. If you could somehow get up the courage to share the hurt, you would find relief and you would start on the pathway to healing. You don't heal yourself by ignoring it, running from it or hiding it.

**4. DON'T WORRY ABOUT IT** = Worry is an attempt to control the uncontrollable. You're trying to control something you can't control so you worry about it. Worry is playing God. When you play God it makes you more miserable because inside you know that you're not God. Job 5:2 "*To worry yourself to death with resentment would be a foolish, senseless thing to do.*" Worry never solves problems. It never heals hurt. All worry does is increase the size of your pain. Every time you worry about it, it's like playing a bad video in your mind, over and over again and all it does it grow bigger and bigger. It gets bigger. When you worry about something it exaggerates, it magnifies. Every time you rehearse it in your mind you let it get bigger. The more you worry about a hurt the bigger it gets. The fifth thing not to do when you hurt.

**5. DON'T RESENT IT**

Resentment never helps. Yet we do this when people hurt us. We become bitter, we become angry, cynical. We get all closed in and self-pitying. Job 18:4 "*You are only hurting yourself with your anger.*" Bitterness hurts you far more than any hurt you will ever receive. No matter what anybody has ever done to you and I am saying Whatever, I mean, molested, rape, rejection, malign, slandered, criticized, whatever anybody has done to you, bitterness hurts for far worse. Living a life full of bitterness is the worse. Bitterness is a poison that will kill you. It eats you up on the inside. What resentment does is it perpetuates the hurt. It takes an event and keeps it going. It just prolongs the pain. Every time you think about it and resent it, it prolongs the pain. Bitterness allows the past to control your present. Bitterness allows people who hurt you in the past to continue to hurt you in the present. We are resentful

because we think by being resentful we hurt those who have offended us. But resentment never hurts anybody but you. It doesn't hurt your offender. You can be so upset with them in your mind and so resentful that it keeps you preoccupied with the hurt and they can go on about their merry way. Resentment is a self defeating attitude. It doesn't work. You're only hurting yourself with your anger, you must let go.

Now you maybe asking yourself right about now, “Well what am I to do now” if none of these approaches we just talked about this morning will heal my hurt, what do I do? What do I do now beings God’s word, the Bible has told me, that **ignoring** won’t heal it, that **running** from it won’t heal it, that **hiding** won’t heal it, that **worry** won’t help and that **resenting** it won’t heal it? What am I to do now?

Read the 23<sup>rd</sup> Psalms.

The scene changes from a field to a feast. David uses the image of a banquet and he gives us three illustrations or symbols that illustrate three steps you need to take in order to let God heal your hurt and next week we will dig into them like if it were digging for silver and gold. Next week we will look at Part 6B.

**Let us pray.**