

## CCC GODS PRESCRIPTION TO YOUR HURT P6B

### Psalm 23:5

We're continuing in our series called God Pharmacy. Last week we started 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 here on earth. He knew the hurts, the habits and the hang-up's we would all have in this life and this morning I bring, Good News to you, you don't have to settle for living in those hurts. God has a plan and a purpose for your life and He has given you a prescription to get well. We live in an imperfect world and by living in this imperfect world; we are going to be hurt. You'll be hurt by illnesses by accidents. But the deepest hurts you'll have in your life will come from people. Relationships are the greatest source of stress in our lives. But, 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 and last week went over them: We talked about what not to do when you hurt.

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

**1. DON'T IGNORE IT** that's not a good response when were hurt and here are a few ways we ignore them:

1) Flat out denial 2) Minimizing it 3) Procrastinate."

The second thing **not to do** when you hurt.

**2. DON'T RUN FROM IT**

**3. DON'T HIDE YOUR HURT**, James 5:16 "*Confess your faults one to another that you may be healed.*"

**Revealing your feeling is the beginning of healing.**

**4. DON'T WORRY ABOUT IT**

## **5. DON'T RESENT IT**

In God's word, the Bible, God has given us three illustrations or symbols that illustrate the three steps you and I need to take in order to let God heal our hurt. The 23<sup>rd</sup> Psalms says, "*You prepare a table before me in the presence of my enemies. You anoint my head with oil. My cup overflows*". and that's the illustration He has given us.

### **GODS PRESCRIPTION TO YOUR HURT.**

#### **1. LET JESUS SETTLE THE SCORE**

Don't try to get even yourself. Don't seek revenge. Don't retaliate against those who hurt you. But instead trust God to even the odds. Give it to God. David says in the 23<sup>rd</sup> Psalms "*You prepare a table before me in the presence of my enemies.*" Sheep have many natural enemies -- wolves, coyotes, bears... Sheep are very defenseless animals. They cannot defend themselves from anything. They don't have

teeth that are sharp that they can bite with. They don't have claws. They can't kick. They can't run fast. They are absolutely the most defenseless animal there is. They don't know how to do anything. They can't be safe unless somebody protects them. The job of a good shepherd is to go find a good field of green grass, and drive out all the enemies. Then he brings the sheep in and gives them a safe place to eat. He scouts out the pasture and drives out the enemies. God says, "*Let me handle those who've hurt you.*" Romans 12 "Never pay back evil for evil... never avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it." God knows the people who've hurt you. The Bible says one day He will settle the score. See there is a heaven and there is a hell and there is a judgment day. God will settle the score someday and in saying that God says He you cannot seek revenge, you

cannot recover from your hurt as long as you're seeking revenge. God says, I have created you and I created in you that you cannot heal by seeking revenge. God gives you a choice and you've got to decide, either you continue to seek revenge, try and get even, retaliate against those who hurt you or you chose to be healed from your hurts and get well? But, you can't do both. God is telling us today that revenge doesn't work. It always backfires. It keeps the hurt alive. When you retaliate against the hurt all you do is escalate the pain. It doesn't relieve the pain, it escalates it. There's only one way you'll ever get the relief from that hurt and that's forgiveness. Forgiveness doesn't mean that you say "It's OK that you hurt me." Forgiveness is not saying, "What you did is not a bad deal." Forgiveness is not saying it didn't hurt. Forgiveness is not denying what evil is done in this world to you. Forgiveness means giving my

hurt to God and letting Him settle the score. We trust God at His word and we trust God to handle the situation and not try to get even. Let Him prepare a table before you in the presence of your enemies. Don't try to get even.

### **Why should I forgive?**

- 1) You've been forgiven by God. God's forgiven you and He wants you to forgive others.
- 2) Resentment makes you miserable.
- 3) You're going to need more forgiveness in the future yourself. Matthew 5:7 "*Blessed are the merciful, for they will be shown mercy.*" Only as I am forgiving to others is God able to forgive me. What you dole out is what you get back. The longer you try to get revenge, the longer you'll hurt.

**2. LET JESUS SOOTH MY WOUNDS.** "*You anoint my head with oil.*" Shepherds put oil on the heads of sheep for

two reasons: to sooth and to heal. The worst enemy of sheep is flies. They hate flies. They can't shake off the flies either by their hooves or their tail. The flies get up in their nose and lay eggs. And the larva drives them crazy. Sometimes in the summertime you'll see a sheep banging its head against a rock because he's going crazy from the flies. He can't do anything about it. Isn't it amazing that it's the little things in life that really irritate you? What shepherds do is take olive oil and mix it with sulfur and anoint the head of the sheep and it's like an insect repellent. This represents the shepherd saying, "I'll take care of the irritations. The things that irritate you, I'll take care of them." The other way oil is used is as a salve, an ointment. When a sheep has an open wound the shepherd would use it as an ointment. It would protect them and it was soothing. When David says, "*You anoint my head with oil*"

he is saying God is going to sooth my wounds. This is the same thing Jesus Christ wants to do with the hurts in your life. Ps. 147 "*God heals the brokenhearted and bandages their wounds.*" He says, "Not only will I settle the score, but if you'll come to Me and let Me have your hurts, I'll settle the score and then do a little repair work -- a little work on restoring your spirit. I can sooth those hurts. I can bandage them up." Once you've forgiven a person who's hurt you, does that mean all the pain has gone away? No. Even after you've forgiven them, you still hurt. Forgiveness is instant but restoration takes time. Forgiveness is instant but restoration may take years or months or weeks depending on the hurt. "*God heals the brokenhearted and bandages their wounds.*" When you get a small cut you don't need a bandage. The deeper the wound in your life (divorce, rejection by parents, molestation, taken advantage

of) -- those things don't heal quickly. A deep wound must be bandaged and dressed. Many Christians expect that once they've forgiven a hurt they are immediately well. You're not. You've taken the first step of forgiveness. Now comes the healing where He soothes your soul. It takes time to heal. How does Jesus heal our hurts? What kinds of bandages does Jesus use to heal our emotional wounds when people hurt us?

**1) He uses fellowship.** When you get together with other Christians, you find support. When you're able to share your hurt, you get emotional support. The first thing you need to do when you've been hurt by somebody is you need to share it with a Christian friend. Don't isolate yourself. You need fellowship. You need to be in a small group.

**2) God uses prayer.** When you're hurt you need to talk it out. If you don't talk it out to God you'll take it out on your

own body. Tell God how you feel. Unload. David, in the Psalms, was very honest about his feelings. He unloaded to God. That is OK. He accepts our prayer.

**3) God uses worship.** There is healing power in praise. Have you ever come into a church service when you were down, the music started and tears begin? This is emotional healing. God uses praise and His word to build us up and bind up our wounds.

**4) God uses ministry.** This is helping others who have been hurt too. When you help others who have been hurt it helps you. God set up the universe that way. In our Celebrate Recovery program we take people and share what we've been through. We help them and in doing so we find healing ourselves. See Calvary is a hospital for the hurting. The church gives fellowship, prayer, worship and ministry to those who are hurting.

Those of you who are hurting from a major hurt right now must understand two things:

1) Healing occurs in two phases. You know this physically but it's also emotional. When you are hurt -- surgery or you break a bone -- there are always two phases to the healing. First is the "be still" stage -- you lay in the bed after the surgery. Or they put a cast on your arm so you can't move it. After a while they cut the cast off and tell you to move your body. That's the second stage -- the "get moving" stage. There are people who are trained to do this -- physical therapists. We always get mad at physical therapists because they challenge us and make us do stuff we don't want to do. I know people in this stage who have been going through a healing. You've gone through "the quiet" stage long enough. Now God is starting to prod you and you're getting angry at Him. He wants you to get out in

ministry, in service. You're never going to get healed until you get out and start helping other people. There was a time for you to be quiet, to be still and "know that I'm God" but many of you have stayed in this "be still" stage far too long. God is saying you need emotional therapy -- you need to get out in ministry. That's where the healing is going to come from that hurt.

2) Even after you've been totally healed, you're going to have a scar. There are always scars after you've been hurt. When you have a scar you have a choice: every time you look at the scar -- because you're going to see it -- you can either remember your hurt or you can remember your Healer and the healing. That's your alternative. Look at the scar and think of God's grace. When you remember the defeat, the failure, that divorce, that hurt, you think "I am a

trophy of God's grace". Instead of focusing on the hurt, focus on the Healer.

### **3. LET JESUS SATISFY MY NEEDS**

"*My cup overflows*". God's word, the Bible, is an overflowing cup, it is a symbol for total satisfaction. It means, "I've got everything I need." When you need to get over a hurt, you need to look to God to meet all your needs. Why is that so important? The major reason we get hurt is we expect other people to meet needs that only God can meet. No person can give you absolute security in life. No person can give you all the love you need. No person can make you complete happy. If you expect that from somebody you're going to be bitterly disappointed and you're going to be hurt. God never met for you to have all your needs met by another human being. You have needs that only God can meet. When you expect other people to

meet those needs you're going to get resentful because they can't do it. They can't love you unconditionally 24 hours a day. They can't make you secure 24 hours a day. They can't make you happy 24 hours a day. They can't meet all your needs. They're not God. On the other hand, God can meet all of your needs. He never runs dry. He never has a bad mood. He never lets you down. If you look to Him your cup will overflow. Overflow with what?

**1) With Hope** "*God will help you overflow with hope in him through the Holy Spirit's power within you.*" Rm 15:13

You never run out of hope because you know He's never going to let you down.

**2) With love** "*May the Lord make your love to grow and overflow.*" I Thes. 3:12

**3) With joy** "*Ask, using my name, and you will receive, and your cup of joy will overflow.*" John 16:24

If you're hurting because somebody has hurt you badly,  
Jesus invites you to a banquet today. He says "*I'll prepare  
a table before you in the presence of your enemies. I'll  
anoint your head with oil. Your cup will overflow.*" He will  
settle all things, He will sooth your wounds, He will satisfy  
every one of your needs. What God offers you this morning  
is a banquet of wholeness, a banquet of peace and joy.  
help, eternal life. He offers you all of that today for the  
asking.

**Let us pray:**