

IT'S YOUR CHOICE WHAT YOU PURSUE- WEIGH IT CAREFULLY

FEELING OF "HURT"

DWELLING ON THE PROBLEM

Hurt feelings (unresolved) will always lead to resentment -which leads to bitterness and unforgiveness we think we can "forgive" but holding a grudge, slander (uttering to others statements damaging to another's character and reputation) maliciousness (deliberate intention to hurt) bitterness, resentment, ill feelings, bringing up past sins... are a clear evidence to all that you have not resolved the issue and forgiven as Christ has forgiven you. When one holds on to things without resolving and reconciling, according to Scripture, we give Satan ground (jurisdiction) (Eph. 4:26-27) as well as grieve The Holy Spirit (Eph. 4:30). Satan will then have a stronghold in one's life fortifying contention and divisiveness in relationships. Bitterness results in devastating consequences (mentally, emotionally, physically and spiritually) (Ps. 73:21-22; Acts 8:23)

One will interpret almost everything that happens in light of one's hurt

" I've been sinned against"

" I forgive but I still feel hurt"

or (somebody is going to pay...)

" see to it that no one falls short of the grace of God; lest a root of bitterness springing up cause trouble and by this many become defiled" (Heb. 12:15)

When one brings up grievances, it contaminates all who hear; it polarizes (rather than unifies) and it causes divisions. All that is used by Satan to destroy marriages, families, and Churches! Prayerfully meditate on some appropriate Scriptures.

Eph. 4:3

2Cor. 12:20

Pr. 6:16,19

Mt. 5:23-24

Mt. 18:15-17

Ti. 2:15- 3:2

Mt. 18:21-35

Mt. 6:14-15

Lk. 6:31-37

Pr. 29:22; 10:12

Col. 3:12-12

Js. 4:11; 3:5-10

Pr. 16:28; 17:9

Gal. 6:1

1 Thes. 5:12-13

Acts 23:4-5

Heb. 12:14-15

Pr. 28:13-14

Lk. 17:3-4

BEING SOLUTION-ORIENTED

-Be honest with God and confess to Him the struggle of your heart (your difficulty in overcoming hurt feelings; desire to nurse vengeful thoughts, intentions to get even or make someone pay, anger or feelings of hate).

-From the above identify what needs to be repented of and confessed to God. (1 Jn. 1:7-10).

-Realize the "flesh" can't conjure up forgiveness- It is a supernatural work of God's grace. It is the Spirit that transforms and renews the inner man through the cleansing of the Word. (Jn. 15:3) Pray it into your life.

-Ask God to help you love that person; to forgive that person; to give you wisdom, power and grace to do the right thing.

-When you do then God releases His grace so that you can forgive just as He has forgiven you. (Eph. 4:29-32)

.Not bringing it up to self

.Not bringing it up to others

.Not bringing it up to that person

-Replace (hurt) with _____
(Eph. 4:29-32)