



St. Paul AME Church's WInGS (Women In God's Service)

Women In God's Service Bible Study

SERIES: Preparing to Serve in a Deeper Way in 2022

*Rev. Robert Hodges, Pastor * Sis. Belores Hodges, First Lady*

P. E. (Ret.) Ella Samuels, Teacher

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*Women's Bible Study
Ella Samuels, P. E. (Ret.),
Teacher
Teleconference #: 716-427-
1082 Code: 506451
June 11, 2022 @10:40AM*

Today's Lesson
*"Don't Let Past Hurts
Destroy Your Present,
Destroy Your Future, nor
Destroy YOU"*

**GOD WANTS TO RESTORE
EVERYTHING THAT'S BEEN
STOLEN FROM YOUR LIFE.
HE WANTS TO HEAL
EVERY HURT AND EVERY PAIN.**
Spiritual Inspiration

**life hurts
God heals.**
Never be ashamed of the scars that life has left you with. A scar means the hurt is over, the wound is closed, you endured the pain and God has healed you.



With Sis. Mary Mullins

Please be prepared to read other scriptures when needed.

Sis. Gloria Feimster

Hebrews 4:14-16

Psalm 147:3

Please be prepared to read other scriptures when needed.

Sis. Alison Strong Smith

Psalm 34:18

LESSON *Review* **FROM June 04 2022**

Answer: Where is this scripture found? "He heals the brokenhearted and binds up their wounds." _____

Answer: Sometimes, as we strive to do that which the Lord requires of us, we become emotionally weak and tired; however in a particular scripture discussed last week, we see an example of God's children becoming tired and weary and God sent a word by the Prophet that He would give power and strength to those who are weary and faint. Where is that scripture found? _____

Complete: When we deliberately avoid our pain, it's called _____

Complete: When we unconsciously avoid our pain, it's called: _____

Answer: What scripture from our lesson last week tells us that nothing is hidden from God? _____

Answer: What scripture from our lesson last week tells us to cast all our anxieties on God? _____

Answer: What scripture did our lesson say, *"Some theologians say this passage was written by David after God healed him from a terrible sickness."* _____

Answer: What scripture did we have in our lesson last week that was written to the saints in the early church who were experiencing persecution because they were trying to do that which was right to do? _____

The Introduction to Today's Lesson
"Don't Let Past Hurts Destroy Your Present, Destroy Your Future, nor Destroy YOU"

Written by Ella Samuels (Ret. P.E.) and Read by:
Sis. Linda Wright

Are there times when you become aware that you're wearing a mask? What I mean is: Are there times when you find yourself pretending that everything is fine when, in reality, you are actually hurting inside? **You feel alone! You feel that you don't fit in! You would love to talk to someone about what you are feeling but feel no one would understand!**

Well, we don't have to look very far to see someone who is hurting. Maybe it's us or someone we know and love. Everyone handles pain differently, experience pain in various degrees, and experience pain because of different reasons, but **two** things we all **do** have in common is **pain**, and **the need for a safe place to talk about it**.

Our suffering may be hidden (to a certain degree), or it may be on public display. It may be something that we have endured for years, or it may be something that happened recently. Regardless of how long we have suffered, and what/who caused the suffering, I want you to know, **our pain matters to God. (Sis. Gloria Feimster: Hebrews 4:14-16)**

First and foremost this scripture speaks to the fact that we can be saved from our sins through Jesus Christ, but it doesn't stop there. After we are saved and we are tempted to sin, Jesus understands what we are going through because He was tempted to sin, even though He did not sin. **Because** He understands, we can immediately go to the throne of Grace for power to withstand temptation, but it still doesn't stop there. Jesus understands when we experience sorrow, pain, disappointment, and struggles; He knows how we feel when we are hurting, because He has experienced those same things. Therefore, He wants us to come boldly to the throne of Grace to receive **mercy and grace**. We all need someone to sympathize with our problems and weaknesses, **without condemning us**. Sometimes that's enough to get us through **some** things, just to know that someone else understands what we're going through. If no one else does, we can have confidence that Jesus understands and feels compassion. **(Sis. Alison Strong Smith: Psalm 34:18)** The brokenhearted are those who have suffered a hurt, to such a degree that it left us feeling so much sorrow and pain we can hardly move

forward. Our broken heart may have been the result of a lost relationship, a divorce, a financial ruin, sexual abuse, physical abuse, or we may have compromised our morals and values for someone for nothing. It may have been a lost loved one or some other painful event. Whatever the case, when we are brokenhearted, our spirit is crushed. During these times, God will come and draw us near, like a loving parent who picks up a hurting child and holds them close.

(Sis. Gloria Feimster: Psalm 147:3) Today, if we acknowledge our pain from past hurts, and forgive the person(s) who hurt us; or if we acknowledge the **thing(s)** that hurt us, we can wallow in our pain for the remainder of our lives, or we can allow God to heal us. He **wants** to heal us, He **desires** to bound up our wounded spirit, but the choice is ours. My sisters, whether we are in physical or emotional pain, we can seek help and comfort from God, who is our Almighty Healer.



Lesson Taught by: Presiding Elder Ella Samuels (Retired)

“Don't Let Past Hurts Destroy Your Present, Your Future, and YOU”
Foundation Scripture
Psalm 147:3

Prayer Will be Given by: Pastor Lugenia Johnson

Departing Blessing

Leader: *The Peace of God be With You.*

The People: And also with you.