





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. Delores Hodges, First Lady*

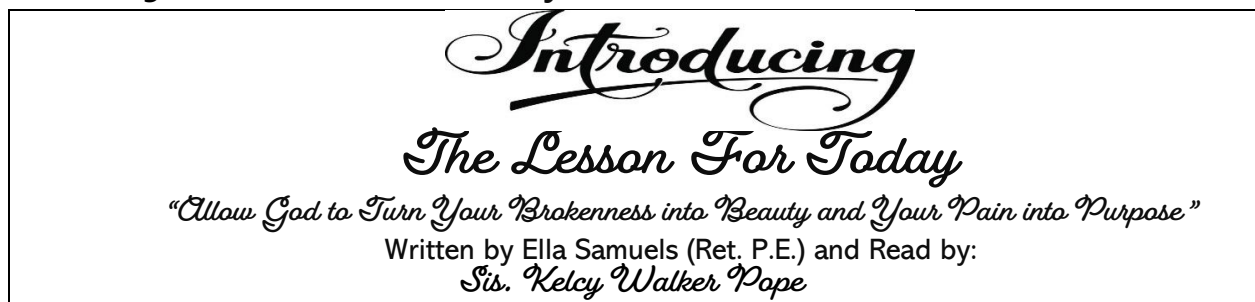
P. E. (Ret.) Ella Samuels, Teacher

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<p><i>Women's Bible Study</i> <i>Ella Samuels, P. E. (Ret.), Teacher</i> Teleconference #: 716-427-1082 Code: 506451 <b>June 18, 2022 @10:40AM</b></p> <p><u>Today's Lesson</u> <i>"Don't Let Past Hurts Destroy Your Present, Destroy Your Future, nor Destroy YOU"</i></p>		
 <p><i>With Sis. Carol Davenport Scott</i></p>	<p><i>Please be prepared to read other scriptures when needed.</i> <b><u>Sis. Alexin Anderson</u></b> Psalm 34:18 Proverbs 27:17 Psalm 147:3 Ephesians 4:2 Romans 8:38-39</p>	<p><i>Please be prepared to read other scriptures when needed.</i> <b><u>Sis. Lee Hardeman</u></b> Proverbs 11:14 Proverbs 27:6 1Peter 5:6-7 Lamentations 3:22-23 1Peter 5:10</p>
 <p><b><i>FROM June 11, 2022</i></b></p>		

1. **Answer:** Where is this scripture found? "Jesus Christ is the same yesterday and today and forever." Hebrews 13:8
2. **Complete:** When James wrote James 5:13, the emotional condition of his readers were anxious, stressed, and discouraged
3. **Answer:** Where did his readers flee from? Palestine
4. **Answer:** How often did Paul tell the Thessalonians to pray? Pray without ceasing. (Always)
5. **Answer:** Who is this quote accredited to? "Insanity is doing the same thing over and over again and expecting different results." Albert Einstein
6. **Answer:** What scripture tells the story of the man, who was crippled for 38 years, and was healed by Jesus? (Stop at the verse where he was healed) John 5:1-9
7. **Answer:** In the scripture where we talked about Jesus and the birds, how much did Jesus say the birds were sold for? 2 Pennies

8. **Answer:** What is one of the main ways Jesus wants to talk to us? \_\_\_\_\_
9. **Complete:** When Jesus heals us, He will not take away our actual Memory but He will take away the actual Pain
10. **Answer:** What relationship does 1John 3:1 tell us that we have with God? We are His children; Which other scripture tells us the same thing, regarding our relation with God? John 1:12  
\_\_\_\_\_ What does this particular scripture tell us we must do to be able to claim that relationship? Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God—
11. **Answer:** What did Jesus ask the crippled man at the pool? “Do you want to get well?” or “Do you want to be healed?”



Have we searched our hearts, minds, and souls to determine if we are still holding on to past disappointments, past rejections, **past anything**, that’s still causing us pain? If so, have we asked ourselves, **“Do I want to be healed?”** (**Sis. Alexin: Psalm 34:18**) The Lord is close to the brokenhearted and He will **save, relieve, and rescue**, those whose spirit is wounded, or crushed, by the pain they have encountered. We don’t have to wait for anyone else to help us. May I say, there **ARE** times when the Holy Spirit may inspire us to seek Professional Christian Counseling. And if He does, we absolutely should. (**Sis. Lee: Proverbs 11:14**) The word "guidance" here comes from a term applied to the steering of a ship. A ship without proper guidance is likely to crash onto rocks, collide with another ship, or run up on ground. In the same way, people without worthwhile advice, can end up in a dangerous place in their lives. The more wise counselors a believer relies on, the stronger and richer his/her life will be. Not only will the Holy Spirit lead us to seek the advice of Professional Christian Counselors, but He **might** lead us to seek the advice of a **True Christian Friend**. (**Sis. Alexin: Proverbs 27:17**) According to *The Bible Knowledge Commentary*, "When iron is rubbed against another piece of iron it shapes and sharpens it. Similarly people can help each other improve by their discussions, criticisms, suggestions, **and** ideas." Sometimes a friend might have to show us **tough love** and tell us some things we don’t want to hear. (**Sis. Lee: Proverbs 27:6**) A true Christian Friend might **tell** us we need help, we might not like to hear it, but - because a **genuine friend**

loves us, he/she will give advice to help us, instead of going along just to get along. Our enemies care not if we fall, but a friend wants to see us thrive.

Of course, God **can** heal us divinely. **(Sis. Alexin: Psalm 147:3)** He will heal our broken hearts, He will bound up our wounded spirit. What **awesome, beautiful, encouraging,** and **needed** information to know! Wow! He heals the brokenhearted and binds up their wounds.

Let us look at some ways God will heal us:

1. **(1 Sis. Lee: Peter 5:6-7)** Healing can't take place if we don't admit that healing needs to happen. My sisters, if we don't tell anyone else, we must tell Jesus!
2. **(Sis. Alexin: Ephesians 4:2)** It is God's desire that we remember that we, too, need forgiveness, therefore we must extend that **same** grace to others.
3. **(Sis. Lee: Lamentations 3:22-23)** There are so many things to be thankful for, however; bitterness can cause us to forget how much God is blessing us, even in the midst of a broken heart. His mercies are new **every** morning!
4. **(Sis. Alexin: Romans 8:38-39)** Many times, our broken hearts come from a love lost. And lost love certainly hurts. However, may I encourage you to remember this: *Even though we may lose the love of people, we will never lose the love of God. Absolutely nothing or no one, can separate us from the love of God.*
5. **(Sis. Lee: 1 Peter 5:10)** When our hearts are broken, life can feel like a waste. We may feel as though our lives have little purpose, or no purpose at all. But let me share with you these two things: a. *God can turn our brokenness into beauty, and b.) turn our pain into purpose!*

*God Will*  
➤TURN YOUR◀  
**Pain Into**  
◆POWER◆  
*Lesson Taught by: Presiding Elder Ella Samuels (Retired)*  
*"Allow God to Turn Your Brokenness into Beauty and Your Pain into Purpose"*  
*Isaiah 40:29: Foundation Scripture*  
*"He gives power to the weak and strength to the powerless". NLT*

If we are still hurting from a pain inflicted upon us by someone, I believe Jesus would ask us the same question He asked the man at the pool of Bethesda who had been crippled for 38 years, "Do you want to be healed! or Do you want to be well?" As stated in our introduction, "Healing can't take place if we don't admit that healing needs to happen." And as implied in the conversation Jesus had with the crippled man, unless we truly want to get well, we will not do what we need to do to get well. Some of us may have experienced a divorce, sexual abuse, physical abuse, deception, being cheated on, being betrayed, being fired from a job, having children for someone and

they refuse to take care of them, having vicious lies spread about us, being rejected – no one overcomes that stuff overnight. The pain is real and, initially, the hate, the resentment, the shame, all of those things may evolve out of our pain, and it's real! Other people don't always understand, and some don't even care. However, when we are born again children of God, we do not have to continue to live with the pain. Those who hurt us are probably living happy lives – not thinking about us. That's why it is so important to **forgive them** and ask God to **heal us** and help us to move on and enjoy our lives. God is close to the broken hearted and He will heal our wounds. Remember the man who had been crippled for 38 years? In essence Jesus let him know, you don't have to wait to be healed any longer, I am right here, take up what you have been depending on, what you have been holding on to for 38 years, and walk. And when the man did, he was healed right then!

**(Anderson: John 5:14)** Look where Jesus found the man, in the temple. The commentaries that I read said that he went to the temple to give thanks. As our introduction stated, we should acknowledge when God has blessed us and be thankful. The man had no idea that he would be healed that day or not, he had been going to the pool, hoping that someone would help him and when Jesus did, he went to the temple. But look what Jesus told him, don't sin anymore – other words don't continue to live in sin because the next time something worse will happen.

**(Lee: John 5:15)** Whether the man became a follower of Jesus or not, I don't know but Jesus warned him. The Jews had asked the man who healed him but at that time the man didn't know, so he made his way to tell them that it was Jesus. When God heals us, we need to testify. Someone needs to hear that they, too, can be an overcomer. Some commentaries said he put Jesus in danger, and maybe so, but Jesus could take care of Himself. **(John 5:16-17)** Jesus said, "My Father has been working until now, and I have been working." What Jesus did, He did it to help someone, you know sometimes we might have to take some chances in order to help someone.

One chance we might have to take is the chance of someone thinking less of us when we tell our story – but if we really want to do the will of God, we should not be ashamed of where we come from – we should be happy about where we are going. Plus, we

choose to tell what **God** leads us to tell. Everybody is not there, and I understand. All of us probably have something we haven't told anyone and that's alright too. But we should never forget what the Lord has done and be ready to share our faith. **(1Timothy 1:15)** Even though after Paul was converted, he never strayed from the Gospel - Paul kept his past wickedness of persecuting the saints of God at the forefront of his mind, because he saw it as a necessary companion to always remind him of what God had done for him. Sometimes we forget how good God has been to us. Some people get saved and talk and act as though they have always been saved. But the songwriter said, "Look what the Lord has done. He saved my soul one day, look what the Lord has done!" I can say He hasn't only saved me, but He has healed me - look what the **Lord** has done! **(Roman 3:23)** Even after we get saved, we still fall short but, **(1John 1:9)** when we sin, we don't have to live with that sin because, if we admit it to Jesus and ask for forgiveness, He will cleanse us from all unrighteousness. **(1John 2:1-2)** John said, I would that you **not** sin, but **if** you do, we have an advocate who will go to the Father on our behalf. So, listen, we don't have to refuse to use our testimony to help others and if someone else wants to hold it over our heads, **they** will have to answer to God for **that**. The important thing is to forgive yourself and refuse to live a condemned life. **(Galatians 5:1)** When we are forgiven, we are free of that sin, and even though we can use our experiences to help others, we should **never** live under condemnation. We are free and because we are, we can help someone else. Have you ever been in a painful situation and talked to someone then realized that person has gone through exactly what you're going through? That connection offers encouragement, strength, and hope. **(Hebrews 4:15-16) A Pastor by the name of** Kyle Idleman, wrote an article concerning Hebrews 4:15-16. He states and I quote: "Jesus came to this earth and lived a human life. Given the culture that He grew up in, He was probably judged and talked about." (Unquote) This quote led me to look at some things that Jesus went through because of His love for us.

1. **(Luke 1:34-35)** He was conceived out of wedlock. When an Angel came to the Mary and told her that she would conceive a child - she wanted to know how this

could happen because she had never been with a man. Do you think anyone would believe this story today? They didn't then either.

2. **(2 Corinthian 8:9)** For our sake, Jesus left the riches of Glory and came to live on this earth as a poor child and a poor man. He knows how it feels to experience lack.
3. **(John 19:26-27)** We know that, before Jesus was crucified, Joseph – His earthly father - died because John took her into his home to take care of her.
4. **(Matthew 26:47-50)** He was betrayed by one of His friends. He had traveled with Jesus, ate His food, Jesus had even washed his feet. He was denied and He was deserted by all but one of His disciples – those He had called **friends!** **(John 15:15)**
5. **(John 7:5)** That's a clear statement. Even His brothers didn't believe in Him. In this 7<sup>th</sup> chapter of John, his brothers tried to get Him to go to Judea where the Jews were plotting to kill Him.
6. **(Mark 14:55-56)** He was falsely accused. In other words, He was lied on.
7. **(Mark 15:34)** He felt abandoned by God – who was His real Father. In the midst of terrible physical pain, abandoned by most of His friends and disciples, and facing a horrible death, one theologian said maybe Jesus couldn't think clearly so He probably did feel abandoned by God, but He still knew what His relationship was with God – because He cried out – **My God!**  
**(John 10:10 )** Jesus came to earth to lift us during our trials. When we are hurting, He understands. He wants us to be happy and He wants to help us through our personal trials, then He wants us to help others. **(2Corinthians 1:3-4)** St. Augustine understood what that verse means, he is quoted as saying: *"Find out how much God has given you and from it take what you need; the remainder is needed by others."* Because we have experienced pain, when God heals us – we can help someone else – just as Jesus is still helping us today.

*Prayer:*

The most  
valuable gift you  
can give  
someone.

*Prayer Will be Given by: Sis. Dora Stock*

**Departing Blessing**

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

**The People:** And also with you.