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HURTS HAUNTED

Week 1: Fear - I cannot live in fear and trust God at the same time.

Week 2: Doubt - Doubt reveals where I am focused.

Week 3: Regret - Regret directs us to repentance.

Week 4: Hurts - Hurt helps you mend.

Issue #1

_____ Hurt

_____ vs. _____

_____ Pain

- If not addressed, these feelings may lead to physical symptoms.

Unexpressed _____

_____ And _____

Issue #2

Focused _____

_____ vs. _____

Issue #3

Truths To _____

Hurt Is _____

Deuteronomy 31:6 So be strong and courageous! Do not be afraid and do not panic before them. For the Lord your God will personally go ahead of you. He will neither fail you nor abandon you." (NLT)

Romans 8:17 And since we are his children, we are his heirs. In fact, together with Christ we are heirs of God's glory. But if we are to share his glory, we must also share his suffering. (NLT)

Change Your _____

Psalms 55:22 Give your burdens to the Lord, and he will take care of you. He will not permit the godly to slip and fall. *(NLT)*

Romans 12:2 Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect. *(NLT)*

Philippians 2:5 You must have the same attitude that Christ Jesus had. *(NLT)*

Colossians 3:2 Think about the things of heaven, not the things of earth. *(NLT)*

Philippians 4:8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. *(NLT)*

_____ Your Emotions

Hebrews 13:5 Don't love money; be satisfied with what you have. For God has said, "I will never fail you. I will never abandon you." *(NLT)*

Jeremiah 31:3 Long ago the Lord said to Israel: "I have loved you, my people, with an everlasting love. With unfailing love I have drawn you to myself. *(NLT)*

Matthew 28:20 "Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age." *(NLT)*

Proverbs 4:23 Guard your heart above all else, for it determines the course of your life. *(NLT)*

James 4:6 And he gives grace generously. As the Scriptures say, "God opposes the proud but gives grace to the humble." *(NLT)*

Proverbs 3:34 The Lord mocks the mockers but is gracious to the humble. *(NLT)*

Matthew 18:21 Then Peter came to him and asked, "Lord, how often should I forgive someone[a] who sins against me? Seven times?" **22** "No, not seven times," Jesus replied, "but seventy times seven!" *(NLT)*

Mark 11:25 "But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too. **26** But if you refuse to forgive, your Father in heaven will not forgive your sins." *(NLT)*

Ephesians 4:32 Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. *(NLT)*

Colossians 3:13 Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. *(NLT)*

Romans 12:19 Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the Lord. (NLT)

Ephesians 3:16 I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. (NLT)

_____ **Isn't Perfect**

Matthew 11:28 Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. **29** Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. **30** For my yoke is easy to bear, and the burden I give you is light." (NLT)

Keep _____ **Forward**

Galatians 5:22 But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, **23** gentleness, and self-control. There is no law against these things! (NLT)

Let Hurts _____ **You**

- Be _____

Matthew 6:15 "But if you refuse to forgive others, your Father will not forgive your sins." (NLT)

- Learn To _____

1 Peter 4:19 So if you are suffering in a manner that pleases God, keep on doing what is right, and trust your lives to the God who created you, for he will never fail you. (NLT)

- Change _____

Romans 8:18 Yet what we suffer now is nothing compared to the glory he will reveal to us later. (NLT)

- Affirm Godly _____

Acts 5:41 The apostles left the high council rejoicing that God had counted them worthy to suffer disgrace for the name of Jesus. (NLT)

- Accept _____

Psalms 119:67 I used to wander off until you disciplined me; but now I closely follow your word. (NLT)

- Remember _____

1 Peter 3:14 But even if you suffer for doing what is right, God will reward you for it. So don't worry or be afraid of their threats. (NLT)

- Develop _____

2 Timothy 3:12 Yes, and everyone who wants to live a godly life in Christ Jesus will suffer persecution. (NLT)

- Future _____

Revelation 21:4 He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever." (NLT)