

Healing Our Hurts

Pastor Blake Cromwell

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He heals the broken hearted and binds up their wounds.

Psalm 147:3

*"For I will restore health to you and heal you of your wounds," says the Lord,
"because they called you an outcast."*

— Jeremiah 30:17

FOUR COMMON AREAS OF HURT

1. Physical: The Law of Degeneration (1 Cor. 4:16-17; 1 Tim. 5:23).
2. Emotional: The Law of Humility (Isa. 41:10-12).
3. Relational: The Law of Community (Luke 6:22-23; Mal. 2:15-16).
4. Spiritual: The Law of Life (Prov. 17:22; 2 Cor. 3:6; John 6:63).

SEVEN BIBLICAL REMEDIES FOR HURT

1. Expressing Your Hurt (Ps. 39:2; 34:6).
2. Don't Deny Your Hurts (Ps. 55:5-8; 2 Kings 4:14-16)

3. Confronting the Hurt (Ps. 32:3-5)
4. Refusing to Worry (Ps. 77:4; 37:8; Phil. 4:6-7).
5. Forgiving Those Who Hurt You (Eph. 4:30-32; Ps. 73:21-22).
6. Don't Give Up (Ps. 130:1-2; Mic. 7:8).
7. Taking the Hurt to Jesus (Ps. 147:3; Luke 4:18).

HURT TRANSFORMED INTO A DOOR OF HOPE

God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.

—2 Corinthians 1:3-4

And we know all things work together for the good of those who love God, to those who are called according to His purpose.

— Romans 8:28

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