

## **HIDING YOUR HURTS**

<sup>33</sup> I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world. John 16:33

### **THERE IS HOPE BEYOND YOUR HURT!**

<sup>5</sup> Let all that I am wait quietly before God, for my hope is in Him. <sup>6</sup> He alone is my rock and my salvation, my fortress where I will not be shaken. <sup>7</sup> My victory and honor come from God alone, He is my refuge, a rock where no enemy can reach me. <sup>8</sup> O my people, trust in Him at all times. Pour out your heart to Him, for God is our refuge. *Interlude* Psalm 62:5 – 8

### **HOW DOES GOD HEAL US FROM THESE WOUNDS THAT WE CARRY?**

Here is my wound, my hurt, and my pain. \_\_\_\_\_

**1. It starts with being honest with yourself and God about what hurts.**

**2. God heals us through His People.** Romans 12:15, 2 Corinthians 1:3 - 4

**3. God heals us through His Presence.**

- Alcohol-related visits to the emergency room in recent years increased 70% for women, compared with 58% for men.
- The rate of alcohol-related cirrhosis of the liver, rose 50% for women, compared with 30% for men in the last 5 years.

Acts 3:19; Psalm 71:14; Psalm 46:1; Isaiah 53:5; Hebrews 13:5; Psalm 147:3; Psalm 91:1 - 2

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate you from the love of God that is in Christ Jesus our Lord. Romans 8:38 - 39