

HOW TO HANDLE LIFE'S HURTS

How to Handle Life's Hurts - Part 1

Psalm 109:22-23 "... my heart is wounded within me. I fade away like an evening shadow."

I. HOW DO PEOPLE HURT?

1. We hurt _____.

2. We hurt _____.

3. We hurt _____.

Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

II. SIX REMEDIES FOR HURT THAT DON'T WORK

1. Don't _____.

Psalm 39:2-3 "I kept quiet, not saying a word, but my suffering only grew worse, and I was overcome with anxiety..."

2. Don't _____.

Psalm 55:6, 8 "I wish I had wings like a dove. I'd fly away and find some rest. I'd flee to some refuge from all this storm!"

3. Don't _____.

Psalm 32:3 (LB) "There was a time when I wouldn't admit my sin, but dishonesty made me miserable and filled my days with frustration."

4. Don't _____.

Psalm 55:2 "... I am worn out by my worries."

Psalm 77:4 "... I am so worried I cannot speak!"

Psalm 37:8 "Don't give in to worry or anger, it only leads to trouble."

5. Don't _____.

Psalm 73:21-22 "When my thoughts were bitter and my feelings were hurt, I did not understand you."

6. Don't _____.

Psalm 130:1-2 "From the depth of my despair, I call to you, Lord. Hear my cry, Lord - listen to my call for help."

III. CONCLUSION: WHAT WILL WORK?

Psalm 142:2-3"I bring God all my complaints, I tell Him all my trouble. When I'm ready to give up, He knows what I should do!"