



"Overcome our Hurts and be Transformed"

"It all depends on how you control your emotions."

Ephesians 4:26-29

[26] Be angry and do not sin; do not let the sun go down on your anger, [27] and give no opportunity to the devil. [28] Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. [29] Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. [31] Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. [32] Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

Introduction

We cannot serve God, Pray, and still have hurt inside us. On the other hand, people will prefer to go to the doctor and have a prescription instead of dealing with their problem correctly. The bible says: "Satan is the father of lies" (John 8:44), so children of God must speak the truth. We cannot be living in the community unless we honestly learn to address and admit our faults, failures, and weakness.

Note: Overcoming our past hurts and choosing to be transformed is a personal decision. Because undealt damages will first destroy you. Your spirit, mind, and relationship with others and God the Father.

Paul says, control your anger, deal with it daily, and do not allow the devil to inflame it into something bigger. Anger is sinful when it attacks people and seeks revenge rather than addressing the problem.

To most people hanging on the past hurts is their only security fall. It is all they have to remind. They do not know what to do if they let go... Hurts that are not managed properly will result in significant damage eventually, one way or another.

Imagine if you were abused when you were young. Or in your first relationship. Or in your marriage for God. Now, is it normal? No, it is not! But are you going to live the rest of your life being hurt? Or hurts the other person?

Note: Forgiveness, Anger, and Hostility are personal choices. None can make you.

- **What About** if the, later in their life, the very person who abused them came to their senses and asked God for forgiveness? And they have been forgiven!
- **What About** you? Still angry with that person? And to God?
- **What About:** if they have been dead, it still hurts?

Note: none can make you angry

- None can make you unforgivable
- None can make you be hostiles...
- It all depends on how you control your emotion.

The bible says, Let all bitterness, wrath, anger, and clamor(**shouting**) and slander (making a false spoken statement damaging to a person's reputation) be put away from you along with all malice (wrong desire).

What About: you may say, I choose to forgive them and want to move on with your life; the one who caused you wrong is not present. They had moved or died. What will I do?

Write them a letter and express your emotion, hurts, anger, and frustrations, then let them know that you have forgiven them. Write a prayer of forgiveness. Then burn it.

Put two chairs, seat them. Speak, switch roll depending on who hurts who. Tell them how you feel, then forgive them based on the forgiveness you had received from Jesus Christ. And accept the forgiveness.

UNRESOLVED HURTS WILL: Damaged your emotions.

Gradually destroy your worship with God. (explain)

Harm your health. (explain)

You cannot be unforgiven. It does not have anything to do with the other person; it is on you.

FORGIVENESS IS NOT:

1. Justifying someone's actions.
2. Forgetting (Chris Rock vs. Will Smith).
3. Tolerating behavior.
4. Denying someone's wrongdoing.
5. Excusing someone's sin.

FORGIVENESS IS: Choose to walk away from someone's wrongdoing. (Cancel their debt)

Put aside your right to hold them accountable.

Note: You are not responsible for someone else deciding to forgive or not to forgive. They may choose not to ignore or forgive and

move on with their life. They may grow hurt, distress, pain, wound, offend, sting, upset, sadden, devastate, mortify, grieve, and hurt others...

Everyone will give their account to God; therefore, you are not responsible for someone else unforgiven heart due to the past or present hurts.

Questions to ask when you hurt: Do I want to live my life this way

- Do I want the hurt to destroy my emotions?
- Do I want my relationship with others to be this way?
- Do I want my relationship with God this way?

Note: This is the decision you must make concerning everyone's circumstances.

Conclusion: We Christians are not to tear each other off but to be productive and serve one another.

The joy and power of the Spirit will not be yours if you make Him sad when you open your mouth. The hurts of the past can be overcome when we are being transformed and forgive others, as we have been forgiven. PS 51: 11-12