

The Hurt Life

Ways People Hurt Us

1. _____

- Things they say
- Things they don't say

2. _____

- Discipline in anger
- Sexual abuse

3. _____

- Not showing love
- Prejudice

Tests of Forgiveness

1. Is there someone I _____?

2. Is there someone I _____?

3. Is there someone I _____ because they remind me of someone else?

4. Do I have the same openness with the person _____ they hurt me that I did _____ they hurt me?

Bitterness Is Unresolved Hurt, Caused by . . .

1. _____: To *want* something God is refusing

- _____
- _____
- _____
- _____

2. _____: To *have had* something God took away

Consequences of Not Forgiving

1. Physically — _____

2. Emotionally — _____

3. Mentally — _____

4. Spiritually — _____

Forgiveness Requires Repentance

1. Allow the past to stand as _____.

2. Change your response to the _____.

3. Choose to forgive their _____.

4. _____ the damage they have caused.

Make the *greatest investment* where you have the *greatest potential* for bitterness!

“In everything give thanks.”
(1 Thess. 5:18)

“Give thanks for all things.”
(Eph. 5:20)

CRISIS An Expression of God's Love	
Reject	Accept
False _____	Plan _____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____