

Healing from Hurt

Intro:

1. Consider grief that accompanies tragedy and how to deal with it.

Body:

- I. The stages of grief — shock, realization, and recovery.
- II. Getting on to Recovery.
 - A. Admit the problem. Accept the reality.
 - B. Express yourself.
 1. Anger in itself is not wrong — Eph. 4:26.
 2. Express your grief —
 - Jn. 11:35; Lk. 19:41; 2 Sam. 12:22; 2 Kings 20:1-3.
 - a. God knows of your tears — Ps. 56:8; 2 Kings 20:5.
 - C. As much as possible, return to normal activities.
 - D. Look outward & upward — Acts 20:35; Matt. 6:33; Col.3:1-2.
- III. We determine our own destiny.
 - A. What do we want to do with the lives we have?
 1. Change “Why,” to “What?”
 - a. Without guilt — Jdg. 6:12-13; Matt. 12:46.
 2. Live it to the fullest one day at a time — Matt. 6:34.
 - B. Personal outlook is important. We can focus on the good.
 - C. Adjust. It is a matter of choice — Phil. 4:11-13; 2 Cor. 12:9.
 - D. Deal with depression. The source of much depression is anger.
 1. I must forgive! — Matt. 6:13-14; Romans 12:19.
 - E. Lean on God.
 1. God never promised to exempt the Christian.
 - a. He did promise — Heb. 13:5-6; 1 Cor. 10:13.
 - b. We must learn to trust Him — Ps. 55:22.
 - c. The desired result may not be God’s will —
2 Cor. 12:8-10.

Conc:

1. The burdens of today can be made lighter when observed through the hope for a better tomorrow — Rom. 8:18; 2 Cor. 4:17-18.
 - a. I can believe God’s promise — Rom. 8:28.