

Celebrate Recovery

Part 1: Hurts

Psalm 108:22-23

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

Hurts are the wounds we experience...

- a. **Physically**: when our bodies hurt.
- b. **Emotionally**: fear, worry, anger, guilt, grief, depression.
- c. **Relationally**: conflict, rejection, harsh criticism, etc.

I. Six Remedies for Hurt that Don't Work

1. Don't Ignore It

I kept quiet, not saying a word, but my suffering only grew worse, and I was overcome with anxiety. The more I thought, the more troubled I became.
Psalm 39:2-3 (NIV)

2. Don't Run from It

I am terrified, and the terrors of death crush me. I am gripped by fear and trembling; I am overcome with horror. I wish I had wings like a dove. I would fly away and find rest. ... I would hurry and find myself a shelter from the raging wind and the storm.
Psalm 55:4-6,8 (GNT)

3. Don't Hide It

When I kept silent, my bones wasted away through my groaning all day long. ... Then I acknowledged my sin to you and did not cover up my iniquity. Psalm 32:3,5 (NIV)

Therefore, confess your sins to each other and pray for each other so that you may be healed. James 5:16 (NIV)

4. Don't Worry About It

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

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

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

5. Don't Resent Your Hurt

When my heart was grieved and my spirit embittered, I was senseless and ignorant; I was a brute beast before you.

Psalm 73:21-22 (NIV)

6. Don't Give Up

Out of the depths I cry to you, O LORD; O Lord, hear my voice. Let your ears be attentive to my cry for mercy. Ps. 130:1-2 (NIV)

II. What Will Work for Hurts?

I pray to you, LORD. I beg for mercy. I tell you all of my worries and my troubles, and whenever I feel low, you are there to guide me. Psalm 142:1-3 (CEV)

The first step: to give my hurt to God.