

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 . . .

- _____ : To want something God is refusing
 - _____
 - _____
 - _____
 - _____
- _____ : To have had something God took away

CRISIS

An Expression of God's Love

Reject

Accept

False

Plan

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Consequences of Not Forgiving

- Physically — _____
- Emotionally — _____
- Mentally — _____
- Spiritually — _____

Forgiveness Requires Repentance

- Allow the past to stand as _____.
- Change your response to the _____.
- Choose to forgive their _____.
- _____ 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)