

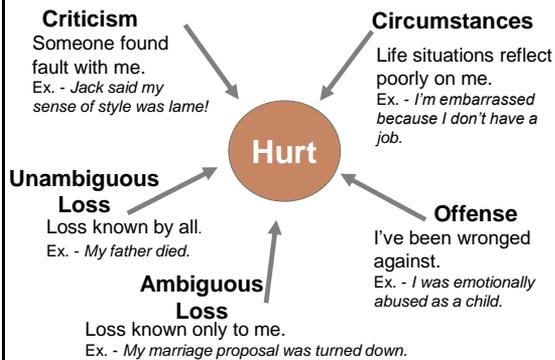
# Dealing with Hurt & Moving Toward Healing

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## Goals

<b>Inform</b>	Present content as it relates to hurt. • We hope to answer the question – What?
<b>Equip</b>	Present skills for dealing with hurt. • We hope to answer the question – How?
<b>Motivate</b>	Present a vision for recovery. • We hope to answer the question – Why?

## Sources of Hurt



## Symptoms of Hurt

**Anger** has the potential to bind us to the hurt instead of release us.



**Numbing** desensitizes and makes us care less.

**Insecurity** makes hurts feel more painful.

## Anger is a Secondary Emotion



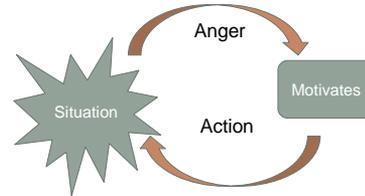
**Deal with Anger Proactively**

*Ephesians 4:26-27* "Be ye angry, and sin not: let not the sun go down upon your wrath: neither give place to the devil."

## Stave off Bitterness

**Hebrews 12:15**  
*“Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled.”*

## Anger has Purpose



### The Challenge:

- Be angry for the right reason.
- Be angry at the right magnitude.
- Let the anger motivate the right response.

## Insecurity

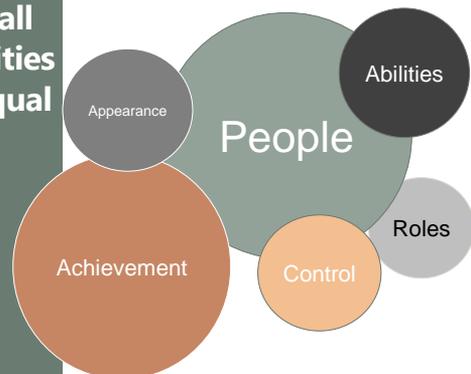
Insecurity raises the following self-questions:

- Am I good enough?
- What do people think of me?
- Am I okay?

The connection between insecurity and hurt.

- We often are hurt in areas of insecurity.
- We often become insecure in the areas of hurt.

## Not all Securities are Equal



## Insecurity has Purpose

Insecurity alerts us that we need grounding.

## Numbing

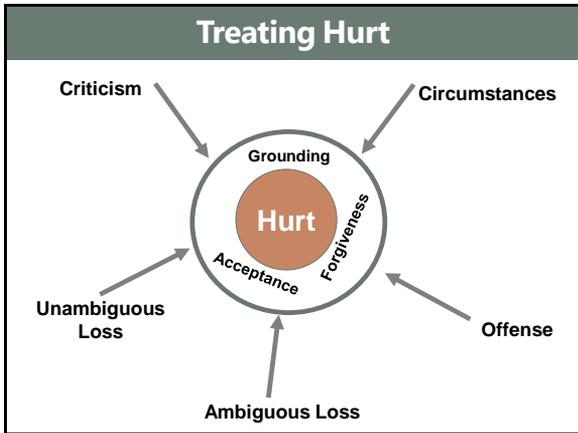
Numbing makes us...

- Feel less.
- Care less.
- Hope less.
- Accept less.
- Expect less.
- Empathize less.

Can lead to...



- Pessimism  
*“I doubt it.”*
- Apathy  
*“Never mind.”*
- Burn out  
*“I’m done.”*



### Grounding

Coming to rest on a larger, more secure ideal.

**Let Go** and then **Hold On**

### Grounding Amid Criticism and Negative Circumstances

*Examples*

**Ex 1**

**Let Go:** *I cannot own other's opinions.*

**Hold On:** *God's love for me is sure.*

**Ex 2**

**Let Go:** *I cannot change the circumstances.*

**Hold On:** *God's blessings are not circumstantial.*

### Forgiveness

Releasing the debt of an offender.

**Let Go** and then **Hold On**

### Forgiving the Offender

*Example*

**Let Go:** *I cannot change the trespass against me.*

**Hold On:** *Christ has forgiven me a large debt.*

### Acceptance

Coming to terms with a new normal.

**Let Go** and then **Hold On**

## Accepting Loss

Example

**Let Go:** *I cannot answer the question "Why did this happen?"*

**Hold On:** *I can trust God loves me and wants to work this for good.*

## Moving on from Hurt

Making meaning out of our hurt.

## Moving on from Criticism and Negative Circumstances

Examples

**Let Go:** *I cannot own other's opinions.*

**Hold On:** *God's love for me is sure.*

**Move On:** *I can reflect and become better.*

**Let Go:** *I cannot change the circumstances.*

**Hold On:** *God's blessings are not circumstantial.*

**Move On:** *I can react to the circumstances.*

## Moving on from Offense

Example

**Let Go:** *I cannot change the trespass against me.*

**Hold On:** *Christ has forgiven me a large debt.*

**Move On:** *I will not be held hostage of this offense.*

## Moving on from Loss

Example

**Let Go:** *I cannot answer the question "Why did this happen?"*

**Hold On:** *I can trust God loves me and wants to work this for good.*

**Move On:** *How can I walk faithfully in my new normal?*



## Shedding Hurt

Be grounded amid your criticism and negative circumstances.

- Forgive offense.
- Accept loss.

**Let Go** and then **Hold On** and then **Move On**