



Objective

Recognize what church hurt is, how it can be both minimized & treated.

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Definition: What is church hurt?

- Psychological and emotional pain caused by negative experiences in the church.
 - Real by reason
 - Real by perception

Significance: Why does it matter?

Church hurt has a significant impact on people because it touches on a person's faith and relationship with God.

Source: How does it happen?

Avoidable Hurt – Knowingly or unknowingly causing pain that could have been prevented.

- Leadership can induce this by being:
 - Insensitive
 - Uninformed
 - Entitled
 - Controlling

Protection:

How avoidable hurt might be mitigated?

- Set up protections.
- Set up accountability.

Source: How does it happen?

Inherent Hurt – Knowingly or unknowingly causing pain that will occur by nature of life and people.

- Personalities will clash.
- You will be ignorant of past hurt and its impact.
- You will have real or perceived lack of options.

For example:

- Discipline
- Family conflicts
- Needed supports

Source: How does it happen?

Inherent Hurt – Knowingly or unknowingly causing pain that will occur by nature of duty and church institution.

Church Role:

- Interpret theology
- Establish doctrine
- Define sin & godliness
- Administrate
- Disciple believers

Church Hurt:

- Differences in theology
- Differences in doctrine
- Differences in lifestyle convictions
- Differences in administration styles
- Differences in role church plays in lives

Protection:

How inherent hurt might be mitigated?

- Acknowledge the presence of hurt.
- Know how you are heard or received.
- Seek counsel to discover more options that might be available to you.
- Use the gifts of others by delegation.

Treatment: How can it be cared for?

Avoidable Hurt

- Show grace and love.
- Pathway to address hurtful leadership.
- Transparency
- Reparation

Inherent Hurt

- Listen without judgment.
- Acknowledge hurt without blame.
- Offer to be flexible and offer alternatives.
- Explore paths to healing and reconciliation.

Further Resources

- [Five Keys for Dealing with Hurt Article](#)
- [Five Keys for Dealing with Hurt Webinar](#)
- [Shedding Hurt Podcast Episodes](#)
- [Dealing with Hurt and Moving Toward Healing minister support module](#)
- [Being a Caring Church Webinar](#)