

15-Hurt People Hurt People

We are the walking wounded. Wounds from childhood. Wounds from broken relationships. Unseen wounds. Unspoken wounds. Because we are wounded, we tend to wound others. We lash out when someone's actions triggers an old wound. We are hurting people and we need to heal these wounds if we want to stop hurting others. We also need to come alongside the hurting and minister to them when they hurt us. **The hurting is our mission field.** The hurting in your sphere of influence need the healing love of Jesus. I challenge you to change the way you look at those who hurt you! Jesus gives you grace and mercy. He instructs you to share His mercy and grace with those close to you. God extends us mercy when He does not punish us for the sins we have committed. He extends grace when He blesses us despite the fact that we do not deserve it.

You need to deal with your own wounds before you tend to the wounds of others. Your healing depends on your willingness to acknowledge the wound, share the wound with those who love you and get the support you need. The Holy Spirit uses brothers and sisters to tend to your wounds. Brothers and sisters who have experienced the healing power of Jesus can encourage you. "I did it and you can do it" is the backbone of a support group. Whether it's sexual abuse, physical abuse, verbal abuse or abandonment, there is power in the healing power of the Body of Christ. **Jerimiah 29:11** is my constant companion. "I know the plans I have for you declares the Lord, not plans to harm you but plans to give you hope and a future."

Once Jesus has healed your wounds you are in a better position to minister to the hurt people around you. You have been through the healing process and can become a part of their support network! You are now the "I did it and you can do it" encourager. You now know you must have relationships to grow. Your relationship with a hurt person provides the connection to offer hope and encourage them. You can provide the grace and forgiveness that restores their self-image. You can provide the discipline, structure and accountability they need to grow. You can provide the support and strengthening to help them endure hard times. You can help them work

through grief so they don't fall into depression. You can help them see that when the Lord prunes (disciplines instead of punish) His people, it produces new growth. You can help them avoid experiencing the pain that comes from avoiding grief, repeating failed patterns of behavior and not separating from destructive family of origin patterns by repeating the sins of their parents.

Our goal is to awaken you and lead you to the resources you need. The appendix contains more information on "How People Grow" written by Dr. Cloud and Dr. Townsend. There are also links to additional resources for helping hurting people.

Verses:

Romans 15:7 "Accept one another then just as Christ accepted you, in order to bring praise to God."

Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."

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

Personal Reflection:

What wounds need to be healed for you to be safe? How will you go about receiving that healing? After you are healed, who do you need to come alongside? Who is your mission field?

Group Discussion:

Share with the group how they can come alongside you.

Share where you need prayer for healing in your life.

Share others that need healing.