

HEALING AFTER BEING HURT



IT IS NOT EASY, BUT IT HAS TO BE DONE

Many people go through life relatively unscathed, picking up a hiccup here and there. There are also others that have experienced the darker side of human existence, for whom life does not seem to have dealt the right cards. They may be believers, saved by the grace of God through the blood of Jesus Christ, but even those of us who belong to the Lord, are not always spared the pain of extreme hardship. These are the ones for whom this article is meant.

A female singer writes about incredible tragedy she endured. The death her parents, the mother shot and killed by the father, who then pulled the trigger on himself, left behind two very vulnerable sisters. Years later she would find healing in a song she penned, asking God to help her heal inside. It is easy for physical scars to heal. The emotional damage however, lingers much longer and if not dealt with can become a raging demon that threatens your entire existence.

Tragic as the circumstances of life sometimes are, if you open up and let Him, God will heal you. However, you have to be prepared to lay down the weapons you have used up to now, to protect yourself against the onslaughts of life. Healing can only occur if you are prepared to trust in Him alone, not your own efforts. The Word of God is full of promises of His protection. Here is a striking example:

¹⁷The righteous cry, and the LORD heareth, and delivereth them out of all their troubles. ¹⁸The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit. ¹⁹Many are the afflictions of the righteous: but the LORD delivereth him out of them all. – **Psalm 34:17-19**

Let us break these three verses down and use simple language to explain them:

1. When the righteous, those who belong to the Lord, suffer agony and cry, He hears us (heareth, verse 17);
2. He does not just hear us, but He delivers us out of all of the trouble we have (troubles, verse 17);
3. God is close to those whose hearts are broken, and saves those who are sorry for what they may have done (contrite spirit, verse 18). If there is any sign of not approaching God with a spirit of repentance, there will be no forgiveness; and
4. Life never promises us a road in life that is paved with ease. There are many bad things (afflictions, verse 19) that happen to believers, but He delivers us from all of them (out of them all, verse 19). Read Jesus' own message to His disciples:

³³These things I have spoken unto you, that in me ye might have peace. **In the world ye shall have tribulation:** but **be of good cheer;** I have overcome the world. – **John 16:33**

A PRAYER AND FORGIVENESS STAND BETWEEN HURT AND HEALING

FORGIVENESS

Forgiveness is at the very core of the gospel of salvation. Imagine the hurt God must have felt when the creature He invested in, in charge of His creation, sinned. As we have learnt in the study of would ultimately cost the death of Jesus Christ to reconcile man to God. We always return to this one key moment in the Bible:

¹⁶For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. ¹⁷For God sent not his Son into the world to condemn the world; but that the world through him might be saved. – **John 3:16-17**

Despite what the world (man, from Adam all the way through to the very last person what will be born on the Earth) has done, God still loved us in the past, and still does. He therefore sent Jesus Christ to be the One who would reconcile man to God, although we understand that while it is available to everyone, only those who believes in Him, will be reconciled and have eternal life.

LETTING GO OF THE PAST

It is easy to hold grudges against those who hurt us in the past. Forgiving them is the first step towards healing:

¹²And forgive us our debts, as we forgive our debtors. – **Matthew 6:12**

At a quick glance, this text seems to refer only to money. However, “debts” are also those things (sins) we may have done wrong to others, as well as those things done to us. We cannot expect forgiveness from God if we are not going to do the same to others. Forgiveness is not an option; it is a command from God. It also requires faith. Without faith, it is impossible to please God:

⁶But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him. – **Hebrews 11:6**

Forgiveness does not demand justice in return. Dealing with the person and what they did to you, is for God to decide.

PRAYER

What is the hurt that currently eats at your heart and threatens to ruin you? Write it down on paper so that you can see it and understand it for what it was. Was it emotional or physical abuse? The longing for an absent parent? Divorce? The untimely death of a loved one that you are struggling to come to grips with? Disappointment with the way things worked out when you had other plans?

Who caused the hurt? Write down the name of the person. You know the person(s). God knows them too. Maybe, despite what has happened, they need the love of God in their lives

For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. – John 3:16

as well. Now, in prayer, bring their name to the Lord, **forgive them** and **set them free**. The hurt you hold on to, and the person(s) who caused it, will remain if you do not forgive them for what they have done.

Once you have prayed, confessed, forgave and have in return received forgiveness, take that piece of paper and burn it. As you see it turn to ashes, remind yourself that in the same way God has accepted your prayer, and has washed away the emotional baggage you have carried for so long.

Will the healing you need be completed immediately? No. The forgiveness is immediate, but the healing takes time, just as your body does not heal instantaneously after an illness.

The deceiver on the other hand, is always looking at ways to derail your efforts to live a pure life. He will constantly remind you of your past and attempt to allow guilt back into your life and undo the work God has done in your life. Maybe you should remind him of his future.

CONCLUSION

Forgive in the name of Jesus Christ, set free in the name of Jesus Christ and live free of anger and guilt in the name of Jesus Christ.