

HOW TO HANDLE LIFE'S HURTS

Where Is God When It Hurts? – Part 4

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HOW DO PEOPLE HURT?

1. We hurt physically.
2. We hurt emotionally.
3. We hurt relationally.

SIX REMEDIES FOR HURT THAT DON'T WORK

1. Don't ignore it (Psalm 39:2-3).
2. Don't run from it (Psalm 55:6-8).
3. Don't hide it (Psalm 32:3).
4. Don't worry about it (Psalm 55:2; 77:4; 37:8).
5. Don't resent your hurt (Psalm 73: 21-22).
6. Don't give up (Psalm 130:1-2).