



Teaching Notes: Ray Davis

November 12, 2006

BAGGAGE

desert breeze community church

“Healing Past Hurts”

Psalm 34:18-19 The Lord is close to the brokenhearted and saves those who are crushed in spirit. [19] A righteous man may have many troubles, but the Lord delivers him from them all.

1 Peter 4:1-11

HEALING PAST HURTS:

Verse 1 (Luke 23:34)

1) Forgive the Offender.

What it is...

- ✓ It is an unconditional choice of healthy self-love. (Unforgiveness is destructive: Physically Pro. 14:30, 17:22; Emotionally Eph.4:26-27; Pro.15:13; Spiritually Mark 11:25; Luke 6:37)
- ✓ It is refusing to seek revenge or be consumed by a past injustice. (Matt.18:21-35)
- ✓ It is an ongoing supernatural process of turning the debt someone owes me over to God. (Rom.12:17-21)

How to know if you’ve not let go: (1) Brain Debates. (2) Fantasizing Revenge. (3) Slandorous Comments. (Pro.4:23; Matt.15:16-20)

What it isn’t... (Pro.14:15; Matt.7:6; 2Cor.7:10-11)

- ✓ Amnesia
- ✓ Pretending it never happened
- ✓ Removing all consequences
- ✓ Fully Restored Trust
- ✓ Fully Restored Relationship

Verse 2

2) Focus on God and Doing His Will.

(Rom. 8:28; 2Cor.1:3-4; Jer.29:11,13)

Verses 3-4

3) Face the Reality of Your Past. How?

- ✓ Identify your coping mechanism.
- ✓ Acknowledge your pain.
- ✓ Grieve your losses.

(Ps.51:6, 13:1-6, 58:6-9)

Verses 5-7

4) Firmly Take Responsibility for Your Life.

We are not helpless victims of Genetic influence, Parental influence, or Environmental influence. (Phil.4:11-13; 2Cor.12:9-10; 2Cor. 5:10, 17)

Verses 8-11

5) Find Supportive Relationships. (James 5:16; Gal.6:2; Rom.12:15) (You will never fully recover by yourself!)

Next Weekend
November 26
December 3

“**Negative Self Talk**”
“**Guilt & Shame**”
“**Love Hunger**”

December 10-31 **A Simple Christmas** (series)



Growing

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1) Where is God when life hurts and what will He do for us? (Ps. 34:18) Are there any troubles the Lord won't deliver us from? (Ps. 34:19)

2) The most important step to the healing of past hurts is forgiving the offender. What does that mean? Why is forgiveness so important? (Pro. 14:30, 17:22; Eph.4:26-27; Pro.15:13; Mark 11:25; Luke 6:37)

3) How do you know if you've not let go? We have looked at what forgiveness "is" now take a look at what forgiveness "isn't". Are you surprised? Why is it important to know the difference?

4) Why is it important to focus on God and doing His will in dealing with past hurts? What does it mean to face the reality of your past? (Ps.51:6, 13:1-6, 58:6-9) Have you faced the reality of your past hurts?

5) What happens when we nurse, curse and rehearse our past hurts? Are we helpless victims of past hurts? Explain. What important role do supportive relationships play? What past hurts are you needing healed? Prayerfully walk through the five principles and ask God to help you apply them to your life.