

**Haunted by...hurts**  
**Psalm 6:6-7**  
**By Russell Earl**

Thesis: I wanted to show how we can handle our various hurts in life.

- Intro:
1. Hurts are things we all have and will continue to experience at various points in our lives.
  2. What causes hurt? How can we overcome hurt?
  3. Why can you be haunted by hurt?

I. Causes of hurt

A. Loss of a loved one

1. The loss of life is never easy to handle.
2. However, knowing how God feels should give us hope (**Ps 116:15**).

B. Martial issues

1. Unfaithfulness it would seem is on the rise. Not just in our nation but around the world.
2. With this being the case some experience a lot of pain and difficult times because of such actions (**Proverbs 5:20-23**)

C. The list could be endless

1. Hurt caused by “friends”
2. Hurt caused by family
3. Even hurt caused by some brethren

II. Overcoming hurt

A. Healing is a must

1. **Ecc 3:3**; there is a time to end things, and there is a time to heal and restore.
2. Healing doesn't always mean an end, but acceptance and continuing forward.

B. True healing comes from the Great Physician

1. **Psalm 6:2**
2. **Mark 2:17, Psalm 147:3-6**
3. The Bible provides the healing we need, because it provides the words of the only one who provides true healing and strength.

III. Why hurt can haunt you.

A. Hurts haunt people because the pain is real.

1. Pain & hurt are not pleasant. They are feelings that hinder and pull down anyone.
2. **Real pain & real hurt needs a real answer – Christ & His word.**
  - a. Too many people today look to pills instead of to Christ for the answer.
  - b. Too many look to the bottle instead of the source of living water.

B. Hurts haunt because of a lack of trust & understanding.

1. Hurts continue to hurt because of the lack of trust that comes from being hurt.
  - a. The key to overcoming this hurt is understanding what has happened (this doesn't mean condoning it) and deciding to move forward.
  - b. Choosing to accept, forgive if necessary, and rebuilding.

- c. Consider this; a broken bone cannot heal properly until it is set in its proper place. Hurt & pain cannot end until we set things in order and desire to heal.**
2. Healing cannot take place unless we want it to happen.
    - a. Sometimes we forget that its possible for those who have caused the hurt to be hurting from their lapse of judgment as well.

Application & Conclusion:

1. Have you considered who has endured the most hurt. It wasn't you or me – it was Christ.
2. The hurt Christ endured, had to endure is because of mankind (Isaiah 53).
  - a. Before we think we know hurt, consider He who experienced the most.
3. Love truly is the answer (**1 Cor 13:13, 1 Jn 4:16**)
4. Full Invitation

God's plan for the alien sinner

Hear – James 1:22, Romans 10:15,17

Believe – Jn 12:44, Jn 8:24, Mt 16:16

Repent – Acts 17:20, Acts 8:37, Luke 13:3

Confess – John 12:42, Romans 10:9

Be Baptized – 1 Pt 3:21, Acts 22:16, Col 2:11, Mk 16:16, Rom 6:3-4

Live faithfully – Rev 2:10,

Christians must:

Repent: Acts 17:20, Acts 8:37, Lk 13:3

Pray: James 5:16, 1 Jn 1:9