

HOW TO GET OVER A HURT

Forgive us our debts, as we have forgiven our debtors . . . For if you forgive others when they sin against you, your heavenly Father will also forgive you.

Matthew 6:12, 14

Our current study is on The Lord's Prayer found in Matthew 6:9-13. In the prayer Jesus is teaching us how God can meet our deepest needs. One of them is how to get over hurts. Our natural, worldly way of responding does not produce good results. God, in His grace, reveals His better way. In His Word He teaches us why we should forgive and tells us how to do it. there will be times in life when each of us need this truth.

I. Why Forgive ?

1. God h___ f_____ m___
Colossians 3:13 (LB)
2. Resentment d_____ w_____
Job 5:2 (GN)
Job 18:4 (GN)
3. I'll need f_____ in the f_____
Mark 11:25 (LB)

II. How to Get Over a Hurt

1. Never retaliate!
Proverbs 20:22 (GN)
2. Deal with it i_____
Ephesians 4:26 (LB)
4 Options: nurse it
 curse it
 rehearse it
 disperse it
Matthew 5:24 (GN)
3. Forgive them whether they ask or not
Ephesians 4:32
4. D___ g_____ to them
Luke 6:27, 28, 35 (GN)
4 Positive Actions: love
 bless
 do good
 pray