

Where Does It Hurt?

“The Spirit of the Lord is upon me because he has anointed me to preach the gospel to the poor; he has sent me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those that are broken”
Luke 4:18

“Hurting people hurt people.”

Have you ever heard that saying? It holds a lot of truth. As human beings, when we are hurting on the inside, it comes out in hurtful words and actions toward others. A wife has a rough day on the job and she comes home and releases that negative energy upon her husband. A man experiences failure on a project he has been working on for months and he turns the anger he feels on the inside into abusive behavior toward his children. If you don't find healing for your hurt, it will eventually show in your conduct and, ultimately, affect your relationship with God, yourself and others. This is why so many of us struggle with obeying God's law of love that says to “love your neighbor as you love yourself.” Be honest. Are hurtful experiences from your past causing you to hurt others in your present?

If you are like most of us, there are negative things that have occurred in your past that left wounds upon your spirit, heart and mind. From abuse to failure to abandonment to infidelity, we have all had our share of hurts due to our own choices or as a result of the actions of others. All of us have experienced the hurt of sin. Nevertheless, the greater issue is not the hurt itself but whether we deal with it. Time does not heal all wounds. Have you been healed of your hurt or is the pain of your past still affecting your behavior today? No matter what the hurt or painful experience may be, GOD IS ABLE to heal your heart?

One of the most beautiful things about God is that He is a healer. He delights in delivering those who love and trust Him. In the verse above, Jesus tells us that part of the reason why he came is to “*heal the brokenhearted*” and “*set at liberty those that are broken*”. If negative experiences from your past have left you broken, God has the power to heal and put you back together again through Christ and the power of the Holy Spirit and the word. So, right now, God wants to know, “Where does it hurt?”

Evaluate your heart. Do you still constantly think about the negative experiences of the past that left you hurt and broken? Is bitterness or anger festering within your spirit? Are your relationships suffering because of your behavior? If you answered yes to any of these questions, it's time to bring your burdens to the Lord and leave them there. Start the healing process by reading and meditating on the following verses and asking God to heal your hurts and help you to have a more loving heart. Read Matthew 5:43-48; 6:14-15; and 11:28-29.