



**Letting Go of Past Hurts**  
as presented by Mary Lowman  
The Christian Working Woman Summer Session III  
August 20 - 24, 2018

Day 1 – Monday, August 20, 2018

How would you describe one of your “pity-parties”?

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What are some of the results of these periods of self-pity?

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Check the situations below which you recognize as some of your areas of vulnerability to hurt feelings:

- When someone ignores me, it hurts my feelings.
- When a friend—a person who is close to me—speaks to me in an abrupt way or with a harsh or condemning tone and/or words, it really hurts my feelings.
- There is a relative in my life (or someone else) who asks a lot of me but never offers to help me in any way. This is hurtful for me.
- My boss rarely says anything affirmative to me, and doesn’t recognize all that I contribute. This bothers me.
- My husband (or wife) rarely says “thanks” or “please” but instead takes me and what I do for granted, and that is hurtful.
- Other: \_\_\_\_\_



Starting tomorrow—or later today—keep track of the times your feelings are hurt for some reason or another, even if the offenses are very small. If you feel offended in any way, make a mental note of it and count the times it might happen to you in a normal day.

Can you identify the difference between offenses that are small and those that are of more consequence? Which of these would be true of you?

- I fairly quickly recognize when an offense is small and not worth thinking about.
- I tend to brood over things that hurt me and re-live them many times.
- I don't hold grudges very long.
- I can remember things that hurt me years ago, and it still hurts when I think about them.
- I tend to exaggerate offenses and they become bigger and more important than they should.

Have you ever prayed that God would help you get over your hurt feelings?

- Yes
- No

If so, has that proven helpful for you, and if not, can you figure out why you haven't prayed about the hurts you feel?

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Encouraging Words from The Word—the Bible:

*Cast all your anxiety on him because he cares for you. (Peter 5:7)*

*Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken. (Psalm 55:22)*

*The LORD is close to the brokenhearted and saves those who are crushed in spirit. (Psalm 34:18)*