



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

Day 4 – Thursday, August 23, 2018

*Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift. (Matthew 5:23-24)*

Two Ways to Deal with an Offensive Situation:

1. Go to the person who has offended you, or who may be offended by you, and seek reconciliation.
2. Or let it go and refuse to brood over it and harbor that hurt. Turn it over to Jesus.

If you are harboring an offense and wondering what to do about it, first write down exactly what happened, how and why it has hurt you, and what you would like to say to that person:

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Now, put that in a safe place (on your computer or in a file) and leave it for two days or so. In the meantime, pray for wisdom and refuse to brood over it. Then retrieve it and re-read what you wrote. If you believe it is important enough for you as well as the other person to confront this situation, make plans to do so:

Write the most positive and non-judgmental way you can present the issue:

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What can you do to prevent a defensive reaction, if possible?

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When and where is the best time to approach this person?

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Pray much for guidance and wisdom and a good result both for you and the other person.

*"See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many." (Hebrews 12:15)*

Some of the common bitter roots that can grow in our hearts:

- The bitter root of mistreatment or abuse.
- The bitter root of rejection.
- The bitter root of disappointment.
- The bitter root of loneliness.
- The bitter root of \_\_\_\_\_.

Three important characteristics about bitter roots that we see in this passage:

1. They grow.
2. They cause trouble.
3. They defile many.



How can we pull up these bitter roots?

Weed Killer #1:

*He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God. Many will see and fear and put their trust in the Lord. (Psalm 40:2 and 3)*

Weed Killer #2:

*It is good to praise the Lord and make music to your name, O Most High, to proclaim your love in the morning and your faithfulness at night. . . (Psalm 92:1-2)*

Weed Killer #3:

*Give thanks in all circumstances, for this is God's will for you in Christ Jesus. (1 Thessalonians 5:18)*

*Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. (Philippians 4:6)*

Weed Killer #4:

*One thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. (Philippians 3:13-14)*

Weed Killer #5:

*And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins. (Mark 11:25)*

*Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. (Colossians 3:13)*