



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

Day 2 – Tuesday, August 21, 2018

How would you describe “perceived offenses”?

Can you describe a time when your feelings were hurt and you learned later that you had misunderstood or mis-read what someone meant or did?

Three positive steps you can take when you think that someone has intended to hurt you, but you really don't know that to be true:

1. Put yourself in the other person's shoes and think, “I wonder if something is wrong?”
2. Remind yourself that you do the same thing to others at times when you're preoccupied, and you need their understanding just as they need yours.
3. Send up a quick prayer for that person and ask God to meet their need at that moment, whatever it may be.

Hurt feelings can easily turn into bitterness.

"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)



Hurt feelings lead to improper actions and reactions. We can use them as excuses for our not-so-nice behavior. Have you been guilty of any of these?

- You resigned from a volunteer position (at church or somewhere else) because some person in that group said something that felt disrespectful or unkind.
- You stopped going to a church because no one made you feel welcome.
- You no longer speak to someone because she or he never speaks to you!
- You did a good deed for someone and they never showed any appreciation, so you stopped doing things like that—at least for that person.

What does “Hurt people hurt people” mean to you?

How can you avoid reacting in a revengeful way when your feelings have been hurt?
