



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

Day 3 – Wednesday, August 22, 2018

Practical and biblical ways to let go of past hurts:

1. Change your attitude about pity parties.

Pray that God will make you sick of feeling sorry for yourself. Pray that you will see that self-pity is a sin in God's eyes, and therefore you should do everything you can to stop feeling sorry for yourself.

2. Refuse to think about the bad reports; think only about the good reports.

*Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. (Philippians 4:8)*

Name some good things that are in your life and/or have happened to you recently:

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Name some things in your life that you are especially thankful for:

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Name someone you know who has a much more difficult life/situation than you have: \_\_\_\_\_

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*We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. (2 Corinthians 10:5)*

3. Resist the enemy who is trying to entangle you and hinder you by making you feel sorry for yourself.

*Submit yourselves, then, to God. Resist the devil, and he will flee from you. (James 4:7)*

4. Think about Jesus and all that he endured.

By a set of your will, stop thinking about poor me, and think about Jesus. Think about how He suffered such awful indignity and pain for you, and you will be embarrassed to feel sorry for yourself.

5. Get busy doing something constructive.

“If you have time to feel sorry for yourself, then you don’t have enough to do.”

“It is more difficult to ‘wear your feelings on your shirt sleeve’ when you’re ‘rolling up your shirt sleeves’ and serving others.”

*Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.*

*In your relationships with one another, have the same mindset as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross! (Philippians 2:3 – 8)*