



HOW TO SURVIVE AND RECOVER FROM HURTS

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“To keep me from being puffed up with pride because of the many wonderful things I saw, I was given a painful physical ailment ... Three times I prayed to the Lord about this and asked Him to take it away. But His answer was: “My grace is all you need, for My power is greatest when you are weak.” I am most happy, then, to be proud of my weaknesses, in order to feel the protection of Christ's power over me. I am content with weaknesses, insults, hardships, persecutions, and difficulties for Christ's sake. For when I am weak, then I am strong.” 2 Corinthians 12:7-10 (GN)

THE SECRET OF SURVIVING A HURT IS WHO AND WHAT YOU *TRUST IN!*
PUT YOUR TRUST IN GOD & HIS PROMISES!

Jesus: “By trusting me, you will be unshakable and assured, deeply at peace. In this godless world you will continue to experience difficulties. But take heart! I've conquered the world.” John 16:33 (Mes)

“Hard times and trouble are God's way of getting our attention! And at that very moment, God deeply desires to lead you from trouble and to spread your table with your favorite food...” Job 36:15-16 (CEV)

THE EXAMPLE OF JOB

1. TELL GOD YOUR FEELINGS AND FRUSTRATIONS

“Job stood up, tore his robe in grief, and shaved his head. Then he fell to the ground and worshipped.” Job 1:20 (GW)

“No, I can't be quiet! I'm angry and bitter. I have to speak! I will complain because I am so unhappy” Job 7:11(GN+NCV)

“Rise during the night and cry out. Pour out your hearts like water to the Lord.” Lamentations 2:19 (NLT)

“When I kept things to myself, I felt weak deep inside me. I moaned all day long.” Psalm 32:3 (NCV)

“While Jesus lived on earth, He prayed to God and asked God for help. He prayed with loud cries and tears to the One who could save Him from death, and His prayer was heard because He trusted God.” Hebrews 5:7 (NCV)

2. TRUST GOD & PRAISE HIM IN SPITE OF YOUR CIRCUMSTANCES

“I was naked when I was born, and I will be naked when I die. The Lord gave these things to me, and He has taken them away. Praise the name of the Lord.” In all this Job did not sin or blame God.” Job 1:21-22 (NCV)

What you can praise God for:

- That He is a good & loving God Job 10:12
- That He is all-powerful Job 36:22, 37:5,23
- That He notices every detail of my life Job 23:10, 31:4
- That He is in control Job 34:13
- That He has a plan for my life Job 23:14
- That He will protect me Job 5:11

“Even though the fig trees have no fruit and no grapes grow on the vines, even though the olive crop fails and the fields produce no grain, even though the sheep all die and the cattle stalls are empty, I’ll still be joyful and glad, because the Lord God is my Savior.” Habakkuk 3:17-18 (GN)

3. ASK GOD FOR STRENGTH AND WISDOM

(Eliphaz) “If I were you, I would call on God and bring my problem before Him.” Job 5:8 (NCV)

“True wisdom and real power belong to God; from Him we learn how to live, and also what to live for.” Job 12:13 (Mes)

“The Lord saves good people; He is their strength in times of trouble.” Psalm 37:39 (NCV)

“I can lie down and go to sleep, and I’ll wake up again, because the Lord gives me strength.” Psalm 3:5 (NCV)

“Depend on the LORD and His strength; always go to him for help.” 1 Chronicles 16:11 (NCV)

“...Those who worship God will be encouraged” Psalm 69:32 (GN)

4. DON'T GIVE UP! KEEP ON PERSISTING

“Job’s wife said to him, ‘Are you still trying to maintain your integrity? Curse God and die.’ But Job replied, ‘You talk like a godless woman. Should we accept only good things from the hand of God and never anything bad?’ So in all this, Job said nothing wrong.” Job 2:9-10 (NLT)

“Though He [God] slay me, yet will I trust in Him.” Job 13:15 (KJV)

“I know that my Redeemer lives, and that in the end He will stand upon the earth.” Job 19:25 (NIV)