

## **HOW TO HANDLE LIFE'S HURTS**

### **How to Handle Life's Hurts**

"... my heart is wounded within me. I fade away like an evening shadow." Psalm 109:22-23

In Psalms, David illustrates **six** ways we normally react to our problems which only make matters worse.

#### **I. HOW PEOPLE HURT**

- \* We hurt **PHYSICALLY**
- \* We hurt **EMOTIONALLY**
- \* We hurt **RELATIONALLY**

#### **II. SIX REMEDIES FOR HURT THAT DON'T WORK (Pr. 14:12) (Verses from Good News Translation)**

##### **1. DON'T IGNORE IT**

"I kept quiet, not saying a word... but my suffering only grew worse, and I was overcome with anxiety. The more I thought, the more troubled I became..." Psalm 39:2-3 (GNT)

##### **2. DON'T RUN FROM IT**

"I wish I had wings like a dove. I would fly away and find [some] rest. [I would flee to some refuge from all this storm!]" Psalm 55:6; 8 (GNT)

##### **3. DON'T HIDE IT**

"There was a time when I wouldn't admit [my sin]... but dishonesty made me miserable and filled my days with frustration." Psalm 32:3 (TLB)

##### **4. DON'T WORRY ABOUT IT**

"... I am worn out by my worries." Psalm 55:2 (GNT)

"... I am so worried I cannot speak!" Psalm 77:4 (GNT)

"Don't give in to worry or anger; it only leads to trouble." Psalm 37:8 (GNT)

##### **5. DON'T RESENT YOUR ANGER**

"When my thoughts were bitter and my feelings were hurt ... I did not understand you." Psalm 73:21-22 (GNT)

##### **6. DON'T GIVE UP**

"From the depth of my despair I call to you, LORD. Hear my cry, O Lord; listen to my call for help." Psalm 130:1-2 (GNT)

#### **III. CONCLUSION: WHAT WILL WORK?**

... the **1st** step:

"I bring [God] all my complaints; I tell Him all my troubles. When I am ready to give up, He knows what I should do!" Psalm 142:2-3 (GNT)

I'd love to hear your stories & feedback: [phoebegdial@gmail.com](mailto:phoebegdial@gmail.com)

