

WHEN LIFE HURTS — PART 1

HOW TO HANDLE LIFE'S HURTS

HOW DO PEOPLE HURT?

- We hurt _____.
- We hurt _____.
- We hurt _____.

Psalm 34:18 *The Lord is close to the brokenhearted; he rescues those whose spirits are crushed.*

SIX REMEDIES FOR HURT THAT DON'T WORK

1. I Don't _____ My Hurt.

Psalm 32:3 (MSG) *When I kept it all inside, my bones turned to powder, my words became daylong groans.*

2. I Don't _____ From My Hurt.

Psalm 55:6 & 8 (CEV) *I wish I had wings like a dove, so I could fly far away and be at peace. ⁸I would quickly find shelter from howling winds and raging storms.*

3. I Don't _____ My Hurt.

Psalm 32:2-3 *Yes, what joy for those whose record the Lord has cleared of guilt, whose lives are lived in complete honesty! ³When I refused to confess my sin, my body wasted away, and I groaned all day long.*

James 5:16 *Confess your sins to each other and pray for each other so that you may be healed.*

4. I Don't _____ About My Hurt.

Psalm 55:2 *I am overwhelmed by my troubles.*

5. I Don't _____ My Hurt.

Psalm 73:21-22 *Then I realized that my heart was bitter, and I was all torn up inside. ²²I was so foolish and ignorant – I must have seemed like a senseless animal to you.*

6. I Don't _____.

Psalm 130:1-2 *From the depths of despair, O Lord, I call for your help. ²Hear my cry, O Lord. Pay attention to my prayer.*

WHAT DO I DO WITH MY HURT?

Psalms 142:2-3 *I tell you all of my worries and my troubles, ³and whenever I feel low, you are there to guide me.*

- I Give My Hurt To _____.

May 17, 2026

PRAY

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GIVE

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Financial Snapshot

Weekly Need	Last Week	Weekly Over
\$ 21,212	\$ 21,415	\$ 203
YTD Need	YTD Given	YTD (Under)
\$393,019	\$379,857	\$ (13,162)