

# St. Paul's Notes

## HOW TO GET OVER A HURT

### God's Answer to Your Needs

August 5, 2007

Matthew 6:12 + 14 "Forgive us our trespasses, as we have forgiven those who trespass against us. . . . For if you forgive others when they sin against you, your heavenly Father will also forgive you."

### 1. Why Forgive?

\* God \_\_\_\_\_

". . . Be ready to forgive, never hold grudges.  
Remember, the Lord forgave you, so you must forgive others."  
Colossians 3:13 (LB)

\* Resentment \_\_\_\_\_

"To worry yourself to death with resentment would be a foolish, senseless thing to do." Job 5:2 (GN)

"You are only hurting yourself with your anger!" Job 18:4 (GN)

\* I will need \_\_\_\_\_

"When you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive you your sins too." Mark 11:25 (LB)

### 2. How to Get Over a Hurt

\* Never retaliate!

"Don't take it on yourself to repay a wrong. Trust the Lord and he will make it right." Proverbs 20:22 (GN)

\* Deal with it \_\_\_\_\_

"Don't sin by nursing your grudge. Don't let the sun go down with you still angry -- get over it quickly."  
Ephesians 4:26 (LB)

". . . go at once to make peace with your brother. . ."  
Matthew 5:24 (GN)

\* Forgive them whether they ask or not

". . . Forgive each other as readily as God forgave you in Christ."  
Ephesians 4:32 (JB)

\* \_\_\_\_\_ to them.

"Love your enemies, do good to those who hate you, bless those who curse you, and pray for those who mistreat you . . . you will have a great reward. . . ." Luke 6:27-28, 35 (GN)