

That Hurt Me, What Do I Do?

Colossians 3:12-15 So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you. Beyond all these put on love, which is the perfect bond of unity. Let the peace of Christ rule in your hearts.

Just as it is inevitable that you will hurt others, others will inevitably hurt you. Sometimes others unknowingly hurt you or neglect to do something which hurts you. Jesus, knowing this would happen, tells you how to respond through His life to hurts, rejection, offenses, dishonoring, or mistreatment.

Forgive Those Who Hurt You

Ephesians 4: 32. Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

Forgive and forgive continually.

Matthew 18:21-22 Then Peter came and said to Jesus, "Lord, how often shall my brother sin against me and I forgive him? Up to seven times?" Jesus said to him, "I do not say to you, up to seven times, but up to seventy times seven."

Take the Offense Up Directly and Privately with the Offender; Don't Complain to Others.

Ephesians 4:29, 31 Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

Matthew 18:15-17 If your brother sins [against you], go and show him his fault in private; if he listens to you, you have won your brother. But if he does not listen to you, take one or two more with you, so that 'by the mouth of two or three witnesses, every fact may be confirmed. If he refuses to listen to them, tell it to the church; and if he refuses to listen even to the church, let him be to you as a Gentile or a tax collector.

1 Pet 4:8 Above all, keep fervent in your love for one another; love covers a multitude of sins.

Pray for and Bless Those Who Hurt You

Matthew 5:43-45 You have heard that it was said that you shall love your neighbor and hate your enemy. But I say to you, love your enemies and pray for those who persecute you, so that you may be sons of your Father who is in heaven.

Luke 6:28 Bless those who curse you, pray for those who mistreat you.

Romans 12:14 Bless those who persecute you; bless and do not curse.

Romans 12:17 Never pay back evil for evil to anyone. Respect what is right in the sight of all men. If possible, so far as it depends on you, be at peace with all men.

Romans 12:20 If your enemy is hungry, feed him, and if he is thirsty, give him a drink; for in so doing, you will heap burning coals on his head.

Romans 12:21 Do not be overcome by evil, but overcome evil with good.

1 Corinthians 4:12-13 When we are reviled, we bless, when we are persecuted, we endure; when we are slandered, we try to reconcile.