

## That Hurt Me. What Do I Do?

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 that hurts. Jesus, knowing this would happen, tells us to forgive our offenders. (See the *Forgive Others* handout.)

### Forgive Those Who Hurt You

Take your pain to Father God rather than sharing the incident to slander others. God will heal and comfort your soul and form the character of Christ in you. (See the *Forgive Others* handout.)

- 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. Colossians 3:12-14
- 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. Ephesians 4:29, 31
- Above all, keep fervent in your love for one another; love covers a multitude of sins. 1 Peter 4:8

### Pray for and Bless Those Who Hurt You

When we pray for those who hurt us, not only are we following Christ's example, but it guards our minds and souls from bitterness, anger, and depression.

- 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. Matthew 5:43-45
- Bless those who curse you, pray for those who mistreat you. Luke 6:28
- Bless those who persecute you; bless and do not curse. Romans 12:14
- 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 12:17
- 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 12:20
- Do not be overcome by evil, but overcome evil with good. Romans 12:21
- When we are reviled, we bless, when we are persecuted, we endure; when we are slandered, we try to reconcile. 1 Corinthians 4:12-13