

HOW TO HANDLE LIFE'S HURTS
HANDLING LIFE'S HURTS - Part 1B

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"In the world, you will have tribulation." John 16:33

I. HOW DO PEOPLE HURT?

1. We hurt P_____.
2. We hurt E_____.
3. We hurt R_____.

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." Psalm 34:18

II. SIX REMEDIES FOR HURT THAT DON'T WORK

1. DON'T I_____ IT.

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

2. DON'T R F_____ IT.

"I wish I had wings like a dove, I'd fly away and find some rest. ... I'd flee to some refuge from all this storm." Psalm 55:6 & 8

3. DON'T H_____ IT.

"I kept quiet, not saying a word, but my suffering only grew worse. I was overcome with anxiety. The more I thought, the more troubled I became." Psalm 32:2-3

"confess your faults to one another." James 5:16

4. DON'T W_____ A_____ IT.

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

"I am so worried I cannot speak." Psalm 77:4

"Don't give in to worry or anger, it only leads to trouble." Psalm 37:8

5. DON'T R_____ YOUR HURT.

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

6. DON'T G_____ UP.

"From the depth of my despair, I call to you Lord. Hear my cry, Lord -- listen to my call for help."

Psalm 130:1-2

"I bring God all my complaints, I tell Him all my troubles. When I'm ready to give up, He knows what I should do!" Psalm 142:2-3

“Since Jesus Came Into My Heart”

(Charles Hutchinson Gabriel, Rufus H. McDaniel)

***What a wonderful change in my life has been wrought, Since Jesus came into my heart!
I have light in my soul for which long I have sought, Since Jesus came into my heart!***

(CHORUS)

***Since, Jesus came into my heart, Since Jesus came into my heart. Floods
of joy o'er my soul like the sea billows roll. Since Jesus came into my heart !***

Public Domain

“Let's Just Praise The Lord”

(Gloria Gaither, William J. Gaither)

***Let's just praise the Lord, Praise the Lord;
Let's just lift our hands to Heaven, And Praise the Lord. (Repeat)***

1972 William J. Gaither, Inc.

“I KNOW THAT I CAN MAKE IT”

(Kirk Franklin)

***I know that I can make it, I know that I can stand.
No matter what may come my way, My life is in your hand.***

***With Jesus I can make it, With Jesus I can stand;
No matter what may come my way, My life is in your hand.***

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