



The Notes

OUCH!

Part 3: "Unbreak My Heart"

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JOIN THE DISCUSSION

HOW MUCH IMPACT DO
YOU THINK YOUR PAST
HURTS HAVE ON YOUR
PRESENT LIFE?



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**TO CHANGE HOW OFTEN & HOW BADLY I
GET HURT, I NEED TO START...**

- 1. ...MAKING MYSELF A _____
_____.**

"Give a kind and respectful answer and keep your conscience clear. This way you will make people ashamed for saying bad things about your good conduct as a follower of Christ. You are better off to obey God and suffer for doing right than to suffer for doing wrong."

1 Peter 3:16-17 (CEV)

- 2. ...GETTING MY _____ READY TO

COMING.**

"Finally, brothers and sisters, fill your minds with beauty and truth. Meditate on whatever is honorable, whatever is right, whatever is pure,

whatever is lovely, whatever is good, whatever is virtuous and praiseworthy.”

Philippians 4:8 (TVB)

“Don’t do wrong to anyone to pay them back for doing wrong to you. Or don’t insult anyone to pay them back for insulting you. But ask God to bless them. Do this because you yourselves were chosen to receive a blessing. The Scriptures say, ‘If you want to enjoy true life and have only good days, then avoid saying anything hurtful, and never let a lie come out of your mouth.’”

1 Peter 3:9-10 (ERV)

“Bless those who hurt you. Bless them, and do not curse them.”

Romans 12:14 (NIRV)

“Don’t mistreat someone who has mistreated you. But try to earn the respect of others, and do your best to live at peace with everyone.”

Romans 12:17-18 (CEV)

“Jesus then said, ‘I say this to you who are listening carefully to me: Love the people who want to hurt you. Do good things to people that hate you. Say good things to people that say bad things against you. Pray for people who give you pain.’”

Luke 6:27-28 (EASY)

3. ...HELPING OTHERS _____ THEIR
HURT SO THEY DON'T HAVE TO
_____. IT.

"When Jesus saw Mary's profound grief and the moaning and weeping of her companions, He was deeply moved by their pain in His spirit

and was intensely troubled...As they walked, Jesus wept;"

John 11:33, 35 (TVB)

"After Jesus heard about John, he crossed Lake Galilee to go to some place where he could be alone. But the crowds found out and followed him on foot from the towns. When Jesus got out of the boat, he saw the large crowd. He felt sorry for them and healed everyone who was sick. That evening the disciples came to Jesus and said, 'This place is like a desert, and it's already late. Let the crowds leave, so they can go to the villages and buy some food.' Jesus replied, 'They don't have to leave. Why don't you give them something to eat?'"

Matthew 14:13-16 (CEV)

4. ...ACCELERATING MY _____
TO SPEED UP MY _____.

"Make a clean break with all cutting, backbiting, profane talk. Be gentle with one another, sensitive. Forgive one another as quickly and thoroughly as God in Christ forgave you."

Ephesians 4:31-32 (MSG)