

# HURTFUL HAPPENINGS

~ Bill Burk (Seagoville, TX) ~

Life has a way of blindsiding us. People talk, things happen, disappointments round the bend at break neck speed and when these things take place it hurts! Someone says something hurtful and the pain floods the soul and invades the pit of the stomach. Bad news comes over the phone and the blood pressure rises, anger builds and despair overwhelms the psyche. When these things happen, we can rightly say—that hurts. The question then arises, “*What should we do when we hurt?*” Here are a few hopefully helpful suggestions for hurtful times:

1. Take It To God. When things happen that hurt bring it before the throne of God (Hebrews 4:16). If a friend disappoints you, if you find yourself baptized in bad news—then turn over your hurts to God (1 Peter 5:7). He truly cares about your state. We may cry out as the psalmist did, “*No one cares for my soul*” (Psalm 142:4), but, if we are wise, on further reflection, we should again remember how much God loves and cares for us.

2. Take It to God's People. For healing during hurtful times, God's people serve as a bulwark against painful forces. James, the half-brother of the Lord, said, “*The effectual, fervent prayer of a righteous man availeth much*” (James 5:16). Nothing helps salve the soul like godly men and women who love us.

3. Take It before God's Word. God's word has the ability to build us up and strengthen us (Acts 20:31). It is difficult to read the 23rd Psalm and not feel a sense of safety and solace. Only the hardest of hearts could possibly read the 8th chapter of the book of Romans and not feel that soaring feeling that comes from Paul's discussion of spiritual heights. When hurtful happenings transpire, take it to the Word of God.

4. Take It to God's Ending. Here is something to think about regarding things that hurt. If someone hurts you, if they have truly violated the relationship, take it to them in the spirit of reconciliation found in the Scriptures (Matthew 5:23-24; 18:15-20). Don't let hurt fester and finally boil over (Ephesians 4:26-27). Handle the matter immediately and with the mind of Christ (Philippians 2:5). Some things just smart (hurt) as it relates to life. Thankfully, when hurtful happenings take place we have the appropriate outlets for relief. Thanks be to God who loves us so much that He never ceases His constant providing for those who are His. Hmmm, I feel better already.