

What to Do When Family Hurts You

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- I. Know why **you** hurt
 - A. God's design for family
 - 1. What God intended (Deut 6:5-9; Eph 5:1; 6:4)
 - 2. Our corruption of his design (Gen 3:23; 4:5-8; 6:5; 16, 25:23; 29; 37)
 - 3. Our unfailing family (Eph 1:5; 2:18-21; Rom 8:14-16)
 - B. My story, my shame
 - 1. The wounds I received
 - 2. The wounds I gave
 - 3. My story affected the way I related to God
 - C. Your hurt
 - 1. What happened?
 - 2. Sort through it and name the deeper things
 - 3. Your response
 - a. to those who hurt you
 - b. to God
 - D. How does our place in our spiritual family help? (Eph 5:1-2)
 - 1. Cherished & loved (Col 3:12)
 - 2. Free to be humble and need less (Luke 9:48; Gal 5:13)
 - 3. Our hurt matters to God. It moves him (Ps 34:15; Heb 4:13).
- II. Seek to know who *they* are
 - A. Jesus entered in
 - 1. He knows us (John 1:11,14; Heb 4:15-16)
 - 2. It was costly for him (Luke 9:22)
 - B. We too should seek to know them (*if possible*)
 - 1. Love in a way that seeks understanding and unity (Rom 12:9-12)
 - 2. Love in a way that they feel known and understood (Heb 5:2; Gal 6:1-2)
 - C. We all sin but not all sins produce the same damage
 - 1. Hurt that is inadvertent (Rom 3:23, Gal 6:1)
 - 2. Hurt that comes via another's brokenness (Luke 23:34)
 - 3. Hurt that is directed at us (Jer 18:18; Jude 1:8-16)
 - 4. Jesus responds differently to different types of hurt (Matt 7:6; 8:26; 12:34-35; 21:12-13; 18:13)

- III. Overlook what you can (Prov 12:16; Gal 6:9; 1 Peter 4:8)
 - A. Is this hurt significant? (Prov 17:14; 18:19; 19:11; Eph 4:2-3; James 3:6)
 - B. How to grow in overlooking.
 - 1. Pray (Ps 5:1-2; 62:8)
 - 2. Perspective (Matt 7:5; John 13:34-35; Phil 2:3)
 - 3. Position (John 1:12-13 Gal 4:5; 2 Cor 6:18)
 - C. What can't be overlooked?
 - 1. People creating disunity (Matt 19:6; Titus 3:10-11)
 - 2. Intentional harm (e.g., abuse) (Isa 32:6; Rom 2:8)
 - 3. Wounds you find particularly hard to bear (Isa 42:3; Matt 5:3-5)
- IV. Say what you must
 - A. Only, speak what you must—restraint (Eph 4:29)
 - B. Encourage one another (Eph 5:19; 1 Thess 5:11)
 - C. Do not rehearse wrongs (1Cor 13:6)
 - D. Confront
 - 1. For Jesus' glory (Phil 2:14-16)
 - 2. For unity (1 Peter 3:8)
 - 3. For sanity and safety (Isa 26:10)
 - E. Speak to your heavenly father (1 Peter 5:7)
 - 1. He knows (Ps 56:8)
 - 2. He comforts (2 Cor 1:3)
 - 3. He guides (Ps 46:1)
- V. Weep then sacrifice
 - A. Love is costly (1 John 3:16)
 - B. Jesus wept then sacrificed (Matt 26:38-39; 27:46, 50)
 - C. Weep—acknowledge the deep pain and wounds (Ps 10:1; 22:3; 31:14; Hab 1:3-4)
 - D. Sacrifice (Eph 4:2; Gal 6:2)
 - 1. Losing what you long for (Matt 11:29-30; 2 Cor 1:3-5)
 - 2. Treating another's interest higher than your own
 - a. those who hurt you (Phil 2:3)
 - b. the Lord's (John 13:34-35 Eph 5:21)
 - E. Beauty and comfort of imaging Christ (Phil 2:18; 1 Peter 3:3-4, 17-18)