

FORGIVING THOSE WHO HURT US...PART II

INTRODUCTION

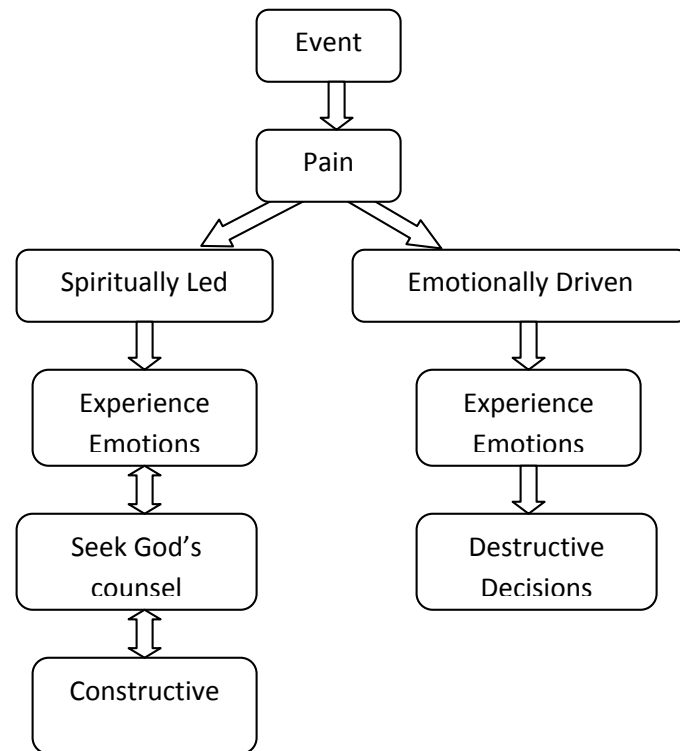
When a person forgives, healing from the hurt may not be immediate. It might take a while for the incident that caused you pain to dissipate. How do you conduct yourself in that time as the wound heals? Today’s lesson gives answers from the Word of God.

Tool #4 – Seek God for healing and restoration

- 12. What is shown here about the power of God? **Psalm 147:3**
- 13. What is shown here about the cycle of pain and healing? **Ecclesiastes 3:3**
- 14. What is promised for your pain? **Isaiah 61:3, Joel 2:25**
- 15. What did Joseph receive for his pain of being sold into slavery by his brothers? **Genesis 41:41-42**
- 16. What did Job receive for his pain of being used as an example of his faithfulness to God? **Job 42:10-12**

Tool #5 – Move on from that incident

- 17. What was Joseph’s understanding of his pain? **Genesis 45:1-11**
- 18. Did Job receive any understanding of his pain? Therefore, it necessary that we always know why pain occurs?
- 19. Examine the diagram to the right.
 - a. What is the major difference in pathway of destructive versus constructive decision making?
 - b. What do the double-sided arrows indicate?
 - c. What do both the ‘spiritually led’ and ‘emotionally driven’ pathway have in common?



LESSON 8

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CONCLUSION

Forgiveness is a constructive decision sprung forth from love. How many times do parents forgive their children? How many times does our Heavenly Father forgive us? Just as we have hurt others, others have hurt us. True forgiveness demonstrates true love because it proves that love is not predicated on emotions. Pain is also a means of instruction. Sometimes, pain tells us the areas in which we are weak and in need of strengthening, propelling into a new dimension of power and understanding. Sometimes, how we handle pain is a testimony of action to someone else. So as children of God we should always be conscience of how we react to adverse situations. Take a lesson from Job.