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Daily Devotional - Thursday, November 1, 2018 - How to Handle Hurts

NOVEMBER 01ST 2018 BY DEE LOFLIN

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Ephesians 4:30-32

THURSDAY

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Are you carrying wounds around with you wherever you go? Maybe someone said or did something hurtful to you yesterday, and you can't seem to get it out of your mind. Or perhaps the offense occurred many years ago, and it's still affecting you today. Despite your attempts to bury the pain, it keeps rising to the surface.

God doesn't want us to live under a cloud of emotional pain. In today's passage, He provides the way out if we're willing to take it.

Recognize our own sin (v. 30). Although the other person's guilt seems much greater, we can't hide behind the label of "victim." Wrongdoers will be held answerable to God for their actions, but we are accountable for our response. That's why we're warned not to grieve the Holy Spirit.

Let go of sinful responses (v. 31). The only way to move forward is to drop all bitterness, anger, and malice toward our offender. Each time we rehearse the wrong, relive the pain, and feel resentment rise up within us, we're responding in a sinful manner instead of walking in obedience to the Spirit. To be healed of our hurts, we must put away such things.

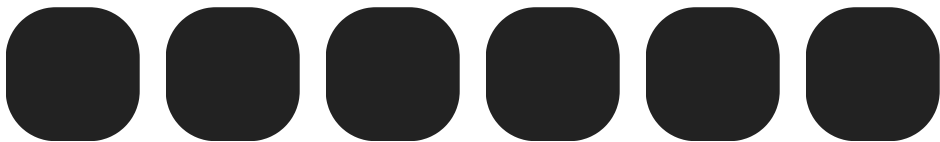
Forgive (v. 32). As people forgiven of every sin we've ever committed, we have no right to hang on to others' offenses.

Each time we submit to the Spirit, He moves us forward in forgiveness. If the pain is deep, the progress may be slow. Nevertheless, continue obeying God in an attitude of forgiveness. You'll discover that as you let go of the offense, the hurt you've been carrying will be lifted as well.

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