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Daily Devotional - Friday, March 18, 2022 - Healing for Our Hurts

MARCH 18TH 2022 BY DEE LOFLIN

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Psalm 6:1-5

Throughout the world, people are mistreated and traumatized, and many carry deep scars throughout life. Not everyone's experiences are extreme, but even mild hurts can fester, affecting relationships and self-image. Something as common as betrayal or rejection by friends or family can lead to distorted thinking and negative behaviors.

Unhealed hurts can lead to various symptoms, such as feelings of inferiority, fear of failure or criticism, and oversensitivity. Some people cope by criticizing others in an attempt to make themselves feel better. Others misinterpret innocent comments as personal attacks. Hurt can also overflow as unpredictable anger, as a person who's been wounded is more likely to lash out at others. Sometimes those with a distorted self-image become loners because they're overly concerned about others' opinions of them.

Now and again we're bound to experience some of these feelings, but God doesn't want us to be trapped by the hurts we've suffered. Nor does He want us to be so crushed by our experiences that we feel worthless. Those who know the Savior will find comfort, healing, and trust in the Father's love. Then, painful experiences can make us more like Jesus so we can glorify Him with our responses.

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