

INSIDE OUT

Part 2: That's Gotta Hurt

So How Do We Fix This?

- A. Ways People Deal With Pain/Hurts
 - 1. Ignore it - act as if it never happened
 - 2. Tough it out - yeah, it hurts but no big deal
 - 3. Talk it out - talking through the hurts
- B. The Believer's advantage - learning to look to the Lord
 - 1. A relationship with the Lord offers an effective level of help
 - 2. He offers healing and restoration (*Psalm 23:3a NKJV*)

FACTORS INVOLVED IN A HURTING SITUATION (1 Samuel 1:4-8 NKJV)

- A. An adversarial environment
 - 1. The scriptures referred to Peninnah as a rival (threatening or source of despair)
 - 2. Peninnah intentionally provoked Hannah to make her miserable
- B. Hannah was not grateful
 - 1. She had a husband who loved her even though she had no kids
 - 2. But to her credit she went to the Lord
- C. Hannah identified very closely with the pain in her life (*1 Samuel 1:10, 12-18 NKJV*)
 - 1. No one seemed to understand what she was dealing with - Eli thought she was drunk
 - 2. I am a woman of sorrowful spirit - my complaint my grief
- D. Received Eli's word as the word of the Lord to her
 - 1. Believing his word caused Hannah to believe something different about her future
 - 2. She was restored from a place of sadness

HELP FOR THE PAINFUL AREAS OF OUR LIVES

- A. Environmental awareness - helping or hurting
 - 1. The people in our lives - the intentional and the insensitive
 - 2. Avoiding the comparison trap - they make you feel better or worse
- B. Express gratitude for what you do have
 - 1. Pulls our focus away from the hurt - different from denial
 - 2. Choosing to highlight what is right (*Ephesians 5:20 NKJV*)
- C. Don't identify with the pain and the hurting areas
 - 1. The pain may be a part of our lives just not the biggest part
 - 2. Whatever we think about and talk about becomes bigger in our lives (*Psalm 34:3 NKJV*)
- D. Take God's word as the last word
 - 1. We have trusted His word for our salvation
 - 2. We can trust His word for our restoration and healing (*Proverbs 4:20-22 NKJV*)