

**Grace is Greater**

**Part 3 of 8**

**Grace is Greater Than Your Hurts**

Two weeks ago, we looked at grace is greater than your depression.

One week ago, we looked at grace is greater than your guilt.

This weekend we’re looking at grace is greater than your hurts.

Illustrate: Sit down if you have ever…

* *Have you ever had a broken bone?*
* *Have you ever had stitches?*
* *Have you ever had more than 30 stitches?*
* *Have you ever had surgery?*
* *Have any of you ever had a knife wound?*
* *Have you ever gotten a gunshot wound?*
* *Has anyone been wounded in a war?*

Today we are going to look at how grace is greater your hurts. Not just the external ones that everyone can see when you’ve got the cast, the stitches or the band aide, but the internal hidden wounds. What are the hidden wounds of your life?

Hidden wounds are those hurtful memories, recollections that you keep secret but cause you pain. The hidden wounds of rejection, abandonment, of unfaithfulness. The hidden wounds of feeling like you didn’t matter, that somebody devalued you & made you feel insecure. Those are the hidden wounds that you don’t see on the outside of people’s lives.

Where do we get the hidden wounds of life? From everywhere. Some of you have been wounded in society through prejudice or through injustice. You can be wounded by your family and those are probably the wounds that hurt the most. You can be wounded at school by other children. You can be wounded by a friend who betrayed you. You can be wounded in your workplace.

As a pastor and having talked with thousands of people, I’ve discovered that everyone has a hidden wound. It may be different but everyone has a hidden wound.

When it comes to hidden hurts in our hearts, sore spots on our souls or internal injuries we must grasp this astounding truth:

\*\*What happens to you is not nearly as important what happens in you!\*\*

That’s why at Calvary Church we preach the gospel…A revelation of Christ in you…Christ wants to be our life rather than letting anyone or anything else control our life. That perspective allows you to see not with hurts or self-hatred, depression or guilt but rather with victory, hope, optimism and grace…grace that is greater! Grace that is greater than your hurts!

Psalm 147:3 “He is the healer of the brokenhearted. He is the one who bandages their wounds.”

Did you know that physical injuries can teach us about heart wounds? People with wounded hearts act and react abnormally. Why? Because they’re protecting sore spots on their souls.

However, the slightest touch on their hurting heart will cause extreme pain. Because hidden hurts & sore spots on the soul are invisible, no one knows where it’s located until someone touches it. Although someone may have been wounded years ago…an unhealed hurt can still cause pain today. Whenever someone says or does something that triggers a hurtful memory, they flinch and withdraw in pain.

Hurt people act & react differently than healthy people:

Healthy people are:

More willing to change.

Hurting people are:

Less willing…to change.

Healthy people are:

More willing to admit failure.

Hurting people are:

Less willing…admit failure.

Healthy people are:

More willing to discuss issues.

Hurting people are:

Less willing…to discuss issues

Healthy people are:

More willing to learn from others

Hurting people are:

Less willing…to learn from others

Healthy people are:

More willing to do something about problems

Hurting people are:

Less willing…to do something

The way we handle our hurts will determine whether we limp through life licking our wounds or whether we allow the Lord to heal our hurts and help us live victoriously.

Let’s start by looking at sore spot symptoms:

How do I hurt thee? Let me count the ways. Although we can be injured in countless ways, consider five symptoms, which indicate we’re still aching from past hurts:

* Being easily injured. Each time a person is touched on a sore spot, the injury becomes a little more sensitive. Wounded people have a very low tolerance for pain, which makes them highly susceptible to being easily injured. Healthy people aren’t nursing wounds. A normal touch doesn’t hurt. It takes quite a whack to hurt a healthy person, but it takes only the slightest touch to send a wounded person reeling.

In the late 90’s two men from France lost their lives when they innocently stepped on a bomb that had been dropped during World War I. The shell had been lying dormant for eighty-one years. When the men walked on the unsuspecting location and applied pressure on the buried bomb, they set off the explosive device. The slightest pressure on a sore spot can unleash all the pent-up anger and hostility buried inside. It doesn’t matter how many years ago the bomb was buried – the sensitivity remains the same as if the offense happened yesterday. These wounds from the past are land mines implanted deep within. The slightest pressure by others can trigger an explosive reaction.

* Suspicion of others. Sore spots cause us to view others suspiciously. A dog named spot had been frequently beaten by his master with a stick. One day spot was wandering down the street when a boy picked up a stick to play fetch with him. When he saw the boy pick up the stick, he took off running with his tail between his legs. Although the boy just wanted to play, spot had been conditioned to associate the stick with pain. The beating as a puppy programmed him to assume that all people were out to hurt him. After we’ve received a few “beating” from others, we’ll start viewing everyone with suspicion. We assume they have an agenda to hurt us, so we react by running away. Sore spots make us run. Although others may not intend harm, we misjudge their motives because we view them through wounded glasses.
* Difficulty loving others. Wounded people struggle with showing love. Hurt people hurt people…when they’re consumed with their own pain, they become self-absorbed. All their attention goes to their own hurt, rather than caring about others.
* Victim mentality. It’s easy for a wounded person to acquire a “victim mentality”. This kind of attitude blames others for every imagined or real offense. People with victim mentalities go beyond reason in their accusations instead of taking responsibility for their own failures. It’s common for a person with a victim mentality to gravitate toward other wounded people so they can “sympathize” with each other. Victims love victims. Holding grudges, sulking, finger pointing, and keeping mental lists of offenses are signs of a victim mentality. In all honesty, trying to restore these people can be a difficult task, because they refuse to acknowledge their own faults. Healing a victim mentality is impossible without true repentance.
* Defensive attitude. Proverbs 18:19 says: “A brother offended is harder to be won than a strong city and contentions are like bars of a castle.” In ancient times, a strong city was characterized by its walls, which were constructed by its walls, which were constructed as a defense mechanism. To prevent future injury, wounded people put up invisible walls to keep others at a distance. They’re hard to befriend because of their defensiveness. They construct invisible walls around themselves to keep others from getting close.

Be honest! Do you have any of these symptoms? If so, you may be a member of the wounded hearts club. Are you ready to deal with your sore spots? God wants to help you. In fact, he’s closer than you think.

Grace is greater than your hurts:

Psalm 34:18 “If your heart is [wounded], you’ll find God right there…”

I believe that there are three keys that help us find the healing that God has already provided for your sore spots, internal injuries and hidden hurts:

1. The dissatisfaction key.

* We have to seek to find, knock to get the door opened, and ask before we receive (Matt. 7:7)
* Jesus once encountered a blind beggar named Bartimaeus, who cried out for mercy (Mark 10:46-52). Jesus asked him an unusual question: “What do you want me to do for you:” (V.51)
* On another occasion Jesus was at the pool Bethesda where he encountered a lame man who had been on a mat for 38 years (John 5:1-9). Jesus asked, “Do you wish to get well?”

2. The confession key.

* Ephesians 5:13 says, “All things become visible when they are exposed by the light.”
* “You wanna clear your conscience? Then start talking, you miserable sinner!” Confession I, but only when it’s done right. We might say there’s good confession and bad confession (see 1 Tim. 6:12)
* Unhealthy confession is an admission of my badness, but healthy confession is a declaration of my trust in God’s goodness (Ps. 145:4-7)
* Unhealthy confession leaves me focused on my needs, my weaknesses, and my shortcomings; healthy confession connects my need with God’s grace, his strength & his limitless provision (Php. 4:19, 2 Cor. 12:9)
* Unhealthy confession puts the focus on me and what I have or haven’t done, but healthy confession puts the focus on Christ and what he has done for me (Rom. 10:9-13)
* Unhealthy confession is begging God to forgive me; healthy confession is only possible when I know he already has (2 Pet. 1:5-9)
* James 5:16 says, “Confess your trespasses to one another, and pray for one another, that you may be healed.”
* In Matthew 16:23 when Satan used Peter to rebuke Jesus, Jesus said, “get away from me…Satan! You are a dangerous trap (or an offense) to me. You are thinking merely from a human point of view, and not from God’s.”
* Hebrews 12:15 says, “See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled.”

3. The forgiveness key.

* Colossians 3:13 “Be…quick to forgive an offense. Forgive as quickly and completely as the master forgave you.”
* “I have been crucified with Christ and I no longer live but Christ lives in me. The life I live in the body I live by faith in the son of God who loved me and gave himself for me.” Galatians 2:20
* Isaiah 43:5 “I, even I am the one who wipes out your transgressions for my own sake.”
* “Therefore, if anyone is in Christ, they are a new creation; the old has gone and the new has come.” 2 Corinthians 5:17
* “…For I will forgive their wickedness and will remember their sins no more.” Jeremiah 31:34
* Taken from: Micah 7:19 “He will again have compassion on us; he will tread our iniquities under foot. Yes, you will cast all their sins into the depths of the sea.”
* My blood; do this as often as you drink it in remembrance of me.” 1 Corinthians 11:23-25
* Ephesians 4:32 “Be kind to one another, tender hearted, forgiving each other, just as God in Christ Jesus also has forgiven you.”

Deuteronomy 1:6-7: “You have stayed long enough at the mountain. Break camp and move on.”