Series: Healing for the Wounded

April 7, 2019

Message 2

**Be Part of the Healing**

Psalm 147:3

Psalm 147:3 - He heals the brokenhearted and bandages their wounds.

Many people today are living under an intense amount of pressure. Sometimes the pressures of life become so great, they find themselves a casualty.

Often what happens to us appears to be the work of others - sometimes we think another person planned to hurt us - planned to wound us - planned to bring us down -

Ephesians 6:12 - For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.

It is our spiritual enemy that uses people to hurt us and those people are only part of the scenario. They are by no means the instigators of the problems, or the hurts.

When the enemy is through with them, he discards them. They may cease to be part of your life - but the enemy is the one who does the damage!

John 10:10 - The thief’s purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.

There are walking wounded among us who have been hurt so bad they are walking around in shock. For some the wounds bring anger and bitterness while others have turned their emotions off - they have determined that they will not feel anything - they will not open themselves up - they have been hurt so bad they guard against being hurt again.

Divorce has hurt so many -

Adultery - Kids on drugs -

How has all this happened?

Last week -

* **Burnout**
* **Depression**
* **Wounding**

Burnout is a physical response to pain that happens over a period of time. It happens to those who give and give and give -

Depression is the emotional response - it becomes hard or impossible to pick yourself up emotionally -

Wounding is the spiritual affect -

Jesus -

Zechariah 13:7 - If someone asks, ‘What are these wounds on your body?’ they will answer, ‘The wounds I was given at the house of my friends.’

This is a pattern. These 3 kinds of damage follow one another in these stages.

There is more stress and competition in the work place - in the schools - than there has ever been. Your job is not secure and you are always reminded that there is someone else who could take your place.

The pressure to get the right education and the grades needed for scholarships - and pleasing family - can become overwhelming.

If you are the employer - the business owner - you feel the stress of competition - getting the bid without losing money on the job -

If others are always anxious and filled with stress - it jumps on you .

It seems our lives are constant movement from one crisis to another.

Some people live with this pressure for years. The only thing that keeps you moving is sheer will and adrenaline. You are running on empty - going through the motions - barely producing - and barely getting by in every area of your life.

You have no strength to function - but you must function - so you continue. You have no choice. This is where people become dependent on false stimulants - drugs, alcohol - an over-reliance on prescription meds - You seem to be in a cycle and you can’t see the escape.

The Bible gives us Good News!

2nd Timothy 1:7 - For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

Isaiah 26:3 - You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

John 14:27 - I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid.

Philippians 4:7 - Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

It is a tragedy when we become so wounded we can’t see these promises ever becoming reality for us.

When your body is about to give out - your spirit won’t be far behind. Keep watch on yourself. Guard your heart.

When you are worn out and burnt out - you are more susceptible to temptations.

This is when people fall into adultery - pornography - and believers fall out of their relationship with God.

When you pass the point of burnout, and enter into depression - the wounding is not far behind.

Someone can come along and say something or do something that in any other situation, on any other day, it wouldn’t bother you a bit. But you are worn out, burnt out, depressed - you take everything personally - someone comes along and says something while you are already hurting.

You become wounded - you begin to carry and nurse this wound. If you are not careful, your life on the job will get back in order, you’ll get your energy back and your emotions healthy again - but you’ll nurse that wound for a long time - maybe even years! If it had come at any other time, you would have forgotten it by now - but it came when you were susceptible. It came at a time when you were ripe for wounding and the devil had someone there to do his work.

Is it worth holding on to? Maybe the way to heal the wound would be through your decision to forgive.

Many times the person who inflicted the wound, doesn’t even realize what they did.

They didn’t know what was going on in your life. They intended no hurt - and certainly they dd not intend to cause any long term emotional affliction to you. They were just in the wrong place at the wrong time - possibly said the wrong thing - or said it the wrong way - when you were ripe for wounding.

When you see someone who is reacting in a way that is surprising to you - surprising to the past character that you know - Remember this -

Matthew 7:1-2 - Do not judge others, and you will not be judged. For you will be treated as you treat others. The standard you use in judging is the standard by which you will be judged.

You don’t have the credentials, the ability, or the insight to judge anybody!

Can you see into a person’s heart? Can you see into their home? Do you know what they’ve been going through? Do you know why they are acting the way they are acting, or why they are saying what they are saying? Have you any idea of the circumstances that have been surrounding their life like a storm lately?

A person’s actions do not always portray who they are.

No one knows the pressures that anyone else faces.

“I’ve been there before!” - With their boss? With their wife? With their husband? With the people they work with? With their kids? With their parents? With their church?

No - every situation is unique - and I cannot fully understand what pain you may be going through - and you will never understand the pressure and pain that I feel either - it goes both ways.

We are to be sympathetic and compassionate with one another -not judging one another.

Sometimes we react in such a wrong way - and we do nothing to help in the healing -

ILL - A woman took her 3-year-old baby on a picnic. They stopped by the side of a road, in a park where there was a picnic area. It was a beautiful place. There was a beautiful scenic lookout point there - but there was also a precipice that you wouldn’t want to fall from!

 The woman took the baby and the blanket, went to a point a safe place from the precipice, laid out the blanket and set the 3-year-old on it. She had to go back to the car to get the picnic basket with the food.

 “You stay here … don’t go over there!”

 When she turned around from the car, you know where the child was …

 She began to be very worried … frightened … “Oh no! I love my baby! I’ve got to help my baby!” She couldn’t holler though …

 She snuck up behind the baby … grabbed it and as she pulled the child to safety, she shouted, “I’m going to kill you!”

She loved her baby! She would never think of killing her! She just saved her life - But

**A person under stress will say things that they don’t mean.**

There are times in moments of stress where the listener will never be able to understand what the speaker has said, because they have no idea of what the speaker has been going through or what they are feeling.

How many times do you say things, and even while you are saying them you know they are not true! You don’t even agree with what you are saying, but you are so hurt, so stressed, so under pressure, so tired of the way things are going in your life -

You make statements that hurt your spouse - your children -

“You are driving me crazy - you never do anything right - every time something goes wrong it’s your fault!”

This stuff happens with followers of Christ. We love one another - we have great fellowship for years - we experience the blessings of God together and serve one another and our community together - we see great wins!

But then there comes a day when one is under stress - something is happening in their life that no one else knows about - no one else could understand - they begin to close themselves in - they ostracize themselves - they back out of ministries - they back out of small groups -

Others in the church family begin to make judgments - cast condemnation - that person is falling away - the hurt gets deeper - the wounds open up -

Sometimes people are lost to our family because of the inaccurate and unfaithful judgments we have made - we have judged instead of loved when our brother or sister was going through a great hurt.

There are people here today who have been on both sides of this.

There are pastors who leave the ministry because of this - 1500 leave the ministry every month - some are committing suicide.

Some say, “Well, if they were just more spiritual…”

That’s a judgment - that’s so easy to say when you don’t understand. There may be some truth to it - but when someone is already deeply wounded, that is just pouring salt in the wound.

It is so easy to judge and talk about others - without talking to the person who is hurting.

“What was the matter with them today? Boy, were they out of sorts!”

Who is going to call and let them know they are loved no matter what happens?

**Big Idea: We can be a part of the wounding, or we can be a part of the healing.**

**5 kinds of wounds can happen to people -**

**> Cutting wounds**

Psalm 55:12-14 - It is not an enemy who taunts me—I could bear that.

It is not my foes who so arrogantly insult me—I could have hidden from them. Instead, it is you—my equal, my companion and close friend. What good fellowship we once enjoyed as we walked together to the house of God.

Psalm 55:20-21 - As for my companion, he betrayed his friends; he broke his promises. His words are as smooth as butter, but in his heart is war. His words are as soothing as lotion, but underneath are daggers!

These wounds come from trusted friends. Sometimes even trusted friends use words that cut us to pieces. When someone is burnt out, already tired and hurting, more words of judgment from people we need to care for us can cut like a knife.

I don’t like knives … bagel story … The doctor was supposed to help me but he hurt me worse!

Randy fishbowl story …

The enemy of our souls is the one who is behind the hurts and the cutting wounds. He is the one who comes to steal, kill, and destroy.

Once the wounds are there, they take time to heal. Someone comes along and says, “Just get over it!” Some wounds take a long time to heal!

It is time for the church family to exercise mercy.

**> Piercing wounds**

Psalm 64:1-4 - O God, listen to my complaint. Protect my life from my enemies’ threats. Hide me from the plots of this evil mob, from this gang of wrongdoers. They sharpen their tongues like swords and aim their bitter words like arrows. They shoot from ambush at the innocent, attacking suddenly and fearlessly.

An ambush - arrows that pierce. Cutting words slash you. Piercing wounds are direct - deep - they go to vital organs. This is not a superficial wound - not a superficial attack.

This is a direct attack. As if someone is out to get you.

That arrow has to come out. Sometimes that hurts as bad as the attack itself, but it has to be done.

**> Biting wounds**

Psalm 140:1-3 - O Lord, rescue me from evil people. Protect me from those who are violent, those who plot evil in their hearts and stir up trouble all day long. Their tongues sting like a snake; the venom of a viper drips from their lips.

This wound comes from a known enemy.

“We shouldn’t have enemies.” Sometimes you’ve got them whether you want them or not. You can try as hard as you like to get everybody to like you, and it’s not going to happen.

Enemies develop for many reasons - usually misunderstandings - rumors - false reports - the enemy comes in and throws gas on the fire - The attack is like that of a snake - quick snap and bite with poison injected. The sickness comes. The suffering comes.

The devil is behind it all.

Ask Evander Holyfield … when Mike Tyson bit his ear off - where did that come from? An enemy! Someone who had what he wanted!

We watched a dog in the Philippines … got it to trust me … then it bit me ..

It hurts bad when it comes from someone you trust.

**> Poison wounds**

These come from contaminated words that you choose to accept.

This comes from bitter people. Don’t listen to bitter people. Try to help them, but don’t listen to them. If you try to help them and they won’t receive your help, sometimes you have to separate yourself from them to keep yourself from being poisoned by their continual negativity and bitterness!

Lifeguard training … sometimes you have to let people go …

Hebrews 12:15 - Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

A bitter person can hurt and wound other folks by spreading their bitterness.

Some people let a root of bitterness stay in their lives and it grew into a big tree and now it’s spreading out lots of fruit of bitterness. They are bitter against everything .. .job … family … pastors … church … everybody has hurt me! Paranoia … everybody is out to get me! Bitterness!

When you allow yourself to listen to bitter words, you are drinking poison into your spiritual system! It is spiritual suicide to entertain bitter words! You are opening yourself for the wounding!

Proverbs 18:8 & 26:22 - Rumors are dainty morsels that sink deep into one’s heart.

**> Burning wounds**

James 3:5-6 - In the same way, the tongue is a small thing that makes grand speeches. But a tiny spark can set a great forest on fire. And among all the parts of the body, the tongue is a flame of fire. It is a whole world of wickedness, corrupting your entire body. It can set your whole life on fire, for it is set on fire by hell itself.

Have you ever been burned?

Have you ever felt like you’ve been burned by hell when someone spoke to you? You felt like the person was filled with hell when they were spewing their venom out at you!

Keep praying whether you feel anything or not - spend time with your family - take time with them - don’t lose your family - don’t lose your faith.

If you have your health, your family, and your relationship with God - you are wealthy even if you have no possessions -

And what your spouse thinks of you - and what your kids think of you - is way more important than what anyone else thinks of you.

Don’t be involved in the wounding - be involved the healing!

**6 ways to help in the healing -**

**> Give a sympathetic ear.**

Some have confided in other church members in the past and those church members have violated their confidence. What is said in private should be kept in confidence!

What happens and what is said in a small group stays in a small group!

It is a sin to violate a confidence!

Sometimes husbands and wives won’t even share with one another for fear the other spouse will violate their trust and tell their problems.

This leads to people who feel like they have no one to talk to - and this just causes the hurt and the pain to become abscessed -

Do you know one of the greatest assets you can have as a Christian? A closed mouth.

Many ministers have fallen in the past because when the problem was young and small they felt they had no one to go to - no one to talk to - and if they did, they would be judged as unworthy to minister.

Give a sympathetic ear - and a closed mouth.

**> Give time.**

Go get someone who is hurting - Cancel their appointments and take them somewhere to get their minds off their problems -

* Coffee
* Beef & Boards
* Golf
* Shopping
* Ball game -
* Bowling
* Fishing
* Boating
* Game night

Do something to help someone get their mind off their problems - and let them know they don’t even have to talk about their problems - just be together and have some fun!

**> Pray for them - silently.**

Sometimes if a person hears how you pray for them - they will feel obligated to make your prayer happen, and that will just put more stress on them. They will feel more guilt if the specifics of your prayer aren’t answered exactly the way you pray.

“Lord, set them free tomorrow!” Then you call tomorrow and they may still feel like they are in the midst of the battle. That just adds to their difficulty. Pray for them. But they don’t have to know exactly the way you are praying.

They will feel the strength of your prayers.

**> Don’t discuss their situation with ANYONE!**

If a person ever shares their heart with you, and they have trusted your confidence, then you go and tell someone - you have been dishonest. You will be in trouble with God.

Know this - when you break a confidence, the devil will make sure the hurting person finds out about it. Then, rather than saving a brother or a sister, you will have caused them even more pain.

**> Send Scriptures that are uplifting, not condemning.**

“Because of your sins.. your disobedience.. I shall smite thee says the Lord!”

Aren’t there any Scriptures in here on love and compassion? People are looking for hope! Aren’t there any Scriptures on hope? Share those! Express the confidence that the Lord is going to help them.

The devil knows the Scriptures and uses the Scriptures -

John 9 - “who sinned that this man was born blind …”

**> Speak up for the wounded.**

When someone else begins to talk about them, rebuke that person. Refuse to listen and rebuke! In the name of Jesus I command thee to SHUT UP!

Help put a stop to the continual, additional wounding.

Who feels called to straighten everybody else out? Put a stop to them! Tell them how much you love the person they are talking about! Get people praying instead of talking!

**Concl:** Some believers are down and too wounded to contribute anything to ministry right now. They need other believers to care. They need other believers to serve them through this difficult time so eventually they can get back to full spiritual strength and also be blessed again.

Isaiah 53:5 - But he was pierced for our transgressions;

he was crushed for our iniquities;

upon him was the chastisement that brought us peace,

and with his wounds we are healed.

Altar: You have been guilty of hurting someone else - maybe not intentionally, but this morning your’ve realized it -

**Invitation:**

**Blessing -**