

## **HANDLING HURTS**

### **NEGATIVE EMOTIONS CAN BE SCARY TERRITORY**

- In your life
  1. How to handle the emotions caused by disappointments, discouragements, loss, injustice
  2. For your own health, and so they don't spill out on others
- In the lives of those close to you
  1. The closer the relationship, the greater the impact
  2. You can live in fear of how they will respond to the hurts of life
- But negative emotions come to all of us **(Ecclesiastes 3:1, 4 NLT)**
  1. Don't deny them or ignore them, but don't stay there

### **A STORY OF GRIEF, ANGER, AND INTERVENTION**

- Adding insult to injury **(1 Samuel 25:1 NKJV)**
  1. David was grieving over Samuel - the man who represented God
  2. Nabal insulted David **(1 Samuel 25:10-13 NLT)**
- Abigail's wise intervention **(1 Samuel 25:23-31 NLT)**
  1. She sent food ahead of her
  2. She took the blame and did not dismiss the insult
  3. She reminded David of who he was
  4. She spoke to David's future **(Job 16:5 NKJV)**
- David recognized God's wisdom **(1 Samuel 25:32-33 NLT)**
  1. Credited God and Abigail for stopping him from doing the wrong thing
  2. David had handled hurts and difficult things in his past - experienced getting past hurtful things

### **HANDLING HURTS**

- Face the negative emotions with God's help
  1. Don't dismiss, ignore, or run from them
  2. But don't handle them alone - ask the Lord for His help **(Isaiah 53:3-4 NKJV)**
- Don't put down - call up
  1. Remind others who they are (applies to yourself also)
- Learn to handle the little hurts well
  1. Particularly important to help children handle the little losses
  2. Don't talk the hurt over and over
  3. Talk to the Lord even about the little hurts
  4. Handling the smaller hurts gives you an advantage over the bigger ones **(Micah 7:7-8 NLT)**