



*thinking & feeling with God*

# Foundations for Emotional Health

*"Hurt is the emotional and spiritual cry within us that lets us know we have pain."* – Chip Dodd



# Psalm of Lament

- Cry to God for help
- Complaint of circumstance or trouble
- Trust in God's work and deliverance
- Praise for God's deliverance



# Engaging Our Hurt

1. Cry out to God in your hurt – Psalm 55:1-8
2. Appeal to God for justice – Psalm 55:9-15
3. Trust God in your hurt – Psalm 55:16-23



# Engaging Our Hurt

1. Cry out to God in your hurt – Psalm 55:1-8
  - Acknowledge your hurt
  - Bring your hurt to God
  - Don't run from your hurt



# Dashboard vs. GPS



**VS.**



# Engaging Our Hurt

Feelings are great for telling us where we are rather than telling us how to get where we need to go.



# Engaging Our Hurt

You're free to be real about your hurt. "I feel hurt because..." is the beginning of healing.





# Engaging Our Hurt

Resentment is the product of trying to find solutions that reject hurt. When hurt is denied, minimized, or projected onto another, it becomes resentment...Resentment allows us to know that we have pain, keep it secret, and find others to blame—making them responsible for fixing it.” – Chip Dodd



# Engaging Our Hurt

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# Knowing God's Character

- God is sovereign – His plans will not be thwarted.
- God is holy – He will not allow evil to go on forever.
- God is just – He will make all those who rebel against Him give an account.
- God is merciful – He will bring suffering to an end.
- God is good – He will work all things together for God to those love Him and are called according to His purpose.



# Engaging Our Hurt

Our problem is that we are too weak in our talking to God, and, most often, too strong in our talking to people.



# Engaging Our Hurt

- Identify
- Examine
- Evaluate
- Act



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# Engaging Our Hurt

God does not promise to always remove our hurt from us, but He does promise to be with us in our hurt.

