

When Life Hurts
Recovering from Abuse

Job 19:2-3
Pastor Brian

***Job 19** ² Why do you keep tormenting me with words? ³ Time after time you insult me and show no shame for the way you abuse me. (GNT)*

1. Don't keep it to yourself.

***John 8** ³² You will know the truth, and the truth will set you free. (NLT)*

2. Identify the abuse.

***Psalms 102** ⁸ All day long my enemies taunt me; those who rail against me use my name as a curse. (NIV)*

***Psalms 69** ¹⁹ You know how I am scorned, disgraced and shamed. (NIV)*

3. Don't minimize it.

***Ephesians 5** ⁶ Don't be fooled by those who try to excuse these sins, for the anger of God will fall on all who disobey him. (NLT)*

4. Get help if necessary.

***Galatians 5** ² Share each other's burdens, and in this way obey the law of Christ. (NLT)*

5. Begin the healing process.

***Psalms 147** ³ He heals the brokenhearted and binds up their wounds. (NIV)*

6. Allow God to settle the score.

***1 Peter 3** ⁹ Don't repay evil for evil. Don't retaliate with insults when people insult you. Instead, pay them back with a blessing. That is what God has called you to do, and he will grant you his blessing. (NLT)*

***1 Peter 2** ²³ He did not retaliate when he was insulted, nor threaten revenge when he suffered. He left his case in the hands of God, who always judges fairly. (NLT)*

***Luke 23** ³⁴ Jesus said, "Father, forgive them, for they don't know what they are doing." (NLT)*

***Romans 12** ¹⁹ Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. (NIV)*

Action Steps

1. If you are being abused, or know someone who is, do something about it. Get help!
2. Come to Belonging Class today at 10:45 in Chapel.
3. Invite someone to church!