

## Week 4:Hurt & Disappointment

- **Category for wrong perception of “hurts”?**
  - Projecting
  - Judging motives/give the benefit of the doubt (Mt.7:12)
  - Unfair standards

# Hurt & Disappointment

- Forbear
  - Long suffering = restraint of anger in the face of provocation
- “Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace.” (Eph.4:2-3)

# Hurt & Disappointment

- Way we LOVE to be treated
- “love...bears all things, believes all things, hopes all things, endures all things” (1Cor.13:7)
- It is to OUR glory to forbear!
- “A man’s wisdom gives him patience, it is to his glory to overlook an offense.” (Prov. 19:11)
- Marriage=daily practice

# Hurt & Disappointment

- “Since God does not deal harshly with us every time we sin, we should be willing to treat others in a similar fashion. While this does not mean that we must overlook all sins, it does require that we make every effort to overlook inconsequential wrongdoing...” (Sande, The Peacemaker, p.73)

# Hurt & Disappointment

- Forgiveness Part I: Laying down the right to exact a payment
- It *is* a decision – matter of our will
- But we need to be real about our emotions
- Jesus in the Garden (Mt.26:38-39) Joseph (Gen.37-50) The psalmists (Ps.77)
- God is able to comfort us (2 Cor.1: 3-5)

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# Hurt & Disappointment

- Forgiveness is not the same as trust
- Decision AND a process
- May need help

# Hurt & Disappointment

- Don't be surprised by the battle-desire to exact payment
- Who is better equipped at this? Us or God?
- “Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.” (Rom.12:19-20 )

# Hurt & Disappointment

- What laying down our right looks like...
- I will not think about this incident.
- I will not bring up this incident again and use it against you.
- I will NOT talk to others about this incident
- I will not allow this incident to stand between us or hinder our relationship

# Hurt & Disappointment

- Forgiveness is costly
- “...forgiveness can be a costly activity. When you cancel a debt, it does not simply disappear. Instead, you absorb a liability someone else deserves to pay. Similarly, forgiveness requires that you absorb certain effects of another person’s sins and release the person from liability to punishment. This is precisely what Jesus accomplished at Calvary.” (Sande, p.188-9)

# Hurt & Disappointment

- How much did Jesus do this for us?
- “This includes you who were once so far away from God. You were His enemies, separated by your evil thoughts and actions, yet now He has brought you back as His friends. He has done this through His death on the cross through His own human body...” (Col.1:21-22 NLT)

# Hurt & Disappointment

- How much has He forgiven us?
- “He cancelled the record that contained the charges against us. He took it and destroyed it having nailed it to Christ’s CROSS.” (Col.2:13-14 NLT)
- “As far as the east is from the west, so far has he removed our transgressions from us.” (Ps.103:12)

# Hurt & Disappointment

- We can forgive because He forgave us.
- “Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.” (Eph.4:31-32)

# Hurt & Disappointment

- Have you received His forgiveness?
- What is holding you back?
- “Where would I be now if He had not given His mercy to me? Where would I be if He had not given me what I *don't deserve*?”

# Hurt & Disappointment

- Forgiveness Part II: Move toward them in love
- “You must now endeavor to love the person or else the resentment will come knocking at your door again. Love for them (the person who hurt you) is the ultimate solution to resentment.”(Phil Franck)

# Hurt & Disappointment

- “But if your enemy is hungry, feed him, and if he is thirsty, give him a drink; for in so doing you will heap burning coals on his head. Do not be overcome by evil, but overcome evil with good.” (Rom.12:20-21)

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# Hurt and Disappointment

- Move toward them in love
- Prayer
- Thought
- Word
- Deed



# Hurt & Disappointment

- What about the really hard situations?
- Have our hearts open to reconciliation or at least the potential for reconciliation



# Hurt & Disappointment

- Why should we forgive?
- We don't want the consequences of not forgiving
- It's a familial trait!
- “Be merciful, just as your Father is merciful.” (Luke6:36)
- No other way to closeness

# Bringing a Word of Correction

- There are times when they need to hear from us!
- “Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.” (Eph.4:25)
- “Anyone, then who knows the good he ought to do and doesn’t do it, sins.” (James 4:17)

# Bringing a Word of Correction

- Examine ourselves first
- “Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye.” (Matt.7:3-5)

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## Bringing a Word of Correction

- Getting the plank out
- Specific conflict - own our part without excuse
- What's our motivation?
- Our hurt?
- Their sin?
- Can we wait?
- Overly eager?



# Bringing a Word of Correction

- Bring a word of correction when:
- It is dishonoring to God
- It is damaging your relationship
- It is hurting others
- It is hurting them



# Bringing a Word of Correction

- PRAY he has a heart to hear
- “But if He does direct you to speak to your husband about the matter, there will be a far greater chance of him hearing God’s voice somewhere in your words if you’ve prayed *before* you speak. Anything perceived as nagging will be counterproductive and better left unsaid.

## Bringing a Word of Correction

Praying that his eyes be opened to the truth and his heart convicted will be far more effective than you telling him what to do. You can *encourage* him to do what's right and *pray* for him to do what's right, but ultimately it's God's voice that will have the greatest impact.” (O'Martian, Power of a Praying Wife, p.184)

# Bringing a Word of Correction

- Pray like we would if this were OUR issue
- “Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted. Carry each other's burdens, and in this way you will fulfill the law of Christ.” (Gal.6:1-2)

# Bringing a Word of Correction

- Go with a spirit of gentleness – how would I want to hear this?
- Choose the right time and place
- Be tentative, not presumptive
- Be quick to listen (James 1:19)

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## Bringing a Word of Correction

- Plan your words
- What is the issue-define as narrowly as possible
- What topics DO NOT need to be discussed



# Bringing a Word of Correction

- What effect is the problem having on you and others
- Suggestions for a solution or how to help
- What can you say that would communicate your love and concern





## Bringing a Word of Correction

- Recognize your limits
- You cannot force change/repentance
- Only God can change hearts
- View correction as loving rescue



# Final Thoughts

- **Get in the habit of asking “what” not “why” in rough situations**
- How does He want to use this to make us more like Jesus?
- “Contrary to what you may have heard, God’s highest purpose for you is not to make you comfortable, wealthy, and happy. If you have put your faith in Him, he has something far more wonderful in mind for you-he plans to conform you to the likeness of his Son!” (Sande, P.30)

# Final Thoughts

- “If we view the marriage relationship as an opportunity to excel in love, it doesn’t matter how difficult the person is whom we are called to love; it doesn’t matter even whether that love is ever returned. We can still excel at love. We can say, ‘Like it or not, I’m going to love you like nobody ever has.’” (Vernick p.157)



# Final Thoughts

- Make your marriage a priority in prayer
- Be accountable to someone about your marriage
- Be proactive
- Review material
- Read a marriage book/year-see book list
- **COME BACK!!**





# Homework

- Reflect and journal about God's forgiveness of you - past, present, future-
- Share what God is teaching you with a friend/husband
- Apologize if appropriate?
- Apply one thing you learned concerning forgiveness/correction this week to your spouse or someone else



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