

## When People Hurt You

Luke 6:27-37

We've all been deeply hurt by someone - unless we know what to do when we are hurt, the memory of hurt:  
- "scars our past, saddens the present, shackles us in future"

Great example: \* Joseph, despised by brothers- sold into slavery by brothers  
Becomes trusted administrator of Potiphar - a wealthy government official  
- honest, great accountant and administrator  
- he was put in charge of household

Gen 39:6 *"..Joseph was well-built and handsome. "*

Seduced by wife, (day after day) - he refuses

Ge 39:8,9 *But he refused. "With me in charge," he told her, "my master does not concern himself with anything in the house; everything he owns he has entrusted to my care. No one is greater in this house than I am. My master has withheld nothing from me except you, because you are his wife. How then could I do such a wicked thing and sin against God?"* (He didn't say against her or Potiphar).

- Message on "getting rid of guilt" - we must recognize our sin is against God, Creator
- King David and Bathsheba - "I have sinned against You"
- We focus on sin against people and we rationalize that we can get away with it.

One day Joseph is in the house alone with her, she catches cloak & she asks him to go to bed with her. - - he refuses, cloak rips off,

\* Escapes in "fruit of the looms" - she yells rape - he's sent to prison

He becomes trusted inmate, interprets dreams for Pharaoh's butler,

- asks for assistance when butler is restored

\* - butler forgets - 2 yrs in prison, interprets dreams of Pharaoh

Becomes prime minister of Egypt - 2<sup>nd</sup> most powerful position in most powerful nation in world

Normal 1<sup>st</sup> impulse - get even with Mrs. Potiphar and butler - but Joseph had no bitterness

Being hurt or offended is a choice we make - we take offense - our choice

\* Joseph marries - two sons - Manasseh & Ephraim

\* Manasseh means "forgetting" - (Gen 41:51)

*"It is because God has made me forget all my trouble and all my father's household."*

\* Ephraim means "doubly fruitful" - vs 52

*"It is because God has made me fruitful in the land of my suffering."*

In order to be fruitful in the present, Joseph knew that he had to forgive the people who hurt him in the past.

What a lesson for us!

To enjoy blessings after hurt - make moral decision to forgive

Dictionary definition of "forgive" - "to give up resentment against or the desire to punish: to pardon." -  
we must let go of bitterness, hurt, pride.

\* Two things to forgive those who hurt us.

\* **1. Free The Person**

If we refuse to forgive, we put them into the prisons of our hearts - rotting

- it makes us think of them & relive the hurt - puts us in a bad mood
- we will never stop hurting until we release the person that hurt us
- only way to release them is to forgive them

When did Joseph stop hurting? Revenge? - When he forgave, he released/let them go

Jesus says, \* Lu 6:28 *"Bless those who curse you, pray for those who mistreat you."*

As Christians we are to be "abnormal" - act opposite of "normal" human behavior  
Jesus says there are two things we need to do to release people who have hurt us.

\* **a. Bless them** - \* "bless" EULOGEO (eulogy) - "to speak well of, to praise

\* 1Pe 3:9 *"Do not repay evil with evil or insult with insult, but with blessing."*

Our speech should not be characterized with insults, but with words of blessing  
(Ellie remembered for her kind words, never a derogatory word about someone)

Christians tarnish their witness with words of resentment, gossip, criticism.

\* Mt 15:11 *"What goes into a man's mouth does not make him 'unclean,' but what comes out of his mouth, that is what makes him 'unclean.'"* - "unclean" anything that makes us defiled or sinful.

Most of us defile ourselves w/our words more than anything else

\* "Gossip"

What is Gossip? -\* Talk about a person (true or not!) showing them in a less than positive light! -  
Gossip/slander - shotgun/rifle

\* Practical suggestions for overcoming the sin of gossip

\* A. If you can't say something good about someone, say nothing

\* B. Keep private matters private (Prov. 11:13; 25:9-10).

\* C. Watch out for places & situations where gossip is likely to happen. (Friends ... family dinner table  
... small groups where you're "sharing concerns" ... group after church in home/restaurant).

\* D. Do not allow gossip to go unchallenged. (Various approaches)

\* 1. Constructive: "Now, how can we help this person?"

\* 2. Subtle: Smile & say, "I'm feeling very uncomfortable with this conversation."

\* 3. Matt. 18:15: "Have you gone to speak with this person privately?"

\* 4. Concerned: "If \_\_\_\_ knew we were talking about them like this they'd be real hurt!"

\* E. When talking about others, always ask yourself the question, "Am I gossiping?"

\* 1. Talking about ways to help this person ... or just talking?

\* 2. Is this person being lifted up or torn down?

\* 3. Would I be comfortable if this person were to walk in on our conversation? Would I stop talking?  
(Chinese proverb: "Speak only well of people and you need never whisper.")

\* *Ro 1:28-32 Furthermore, since they did not think it worthwhile to retain the knowledge of God, he gave them over to a depraved mind, to do what ought not to be done. They have become filled with every kind of wickedness, evil, greed and depravity. They are full of envy, murder, strife, deceit and malice. They are gossips, slanderers, God-haters, insolent, arrogant and boastful; they invent ways of doing evil; they disobey their parents; they are senseless, faithless, heartless, ruthless. Although they know God's righteous decree that those who do such things deserve death, they not only continue to do these very things but also approve of those who practice them.*

\* Eph. 4:29-32. *Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

If we are to free those who have hurt us - we must begin to bless them

**\* b. Pray for them** \* Lk 6:28 - *"pray for those who mistreat you."*

Can't hate and resent and pray for them at the same time.

Praying may not change them - it will change us and our attitudes

ex. Penny & Kim in DuBois

C.S. Lewis in "The Great Divorce" describes a place where no one ever forgets anything but remembers every slight, every cruel exchange of words, every harmful act, and everyone is utterly unforgiving."

In contrast - Isa 65:17 *"Behold, I will create new heavens and a new earth. The former things will not be remembered, nor will they come to mind."*

If you want to live in hell on earth - refuse to forgive and forget.

When we do forgive and forget, we get a taste of what heaven is like.

When people hurt us we must free them.

**\* 2. Focus on the purpose of the pain.**

Joseph forgave all the injustices done to him by brothers, Potiphar's wife, and chief butler.

Joseph didn't focus on the pain, but the purpose for the pain

\* Ge 50:20 *You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.*

Joseph understood that God has a purpose for every hurt and pain

Look for opportunities to use our experiences to help others

- that's when we can begin to understand God's reason for allowing it.

Ro 8:28 *And we know that in all things God works for the good of those who love him, who have been called according to his purpose.*

Manasseh (forgetting) & Ephraim (doubly fruitful) - in that order

- we can't really be fruitful until the hurt of the past is forgiven

- we can't forgive until we focus on the purpose of our pain

- even if it's just to realize that there is a purpose and we're content with that.

- Joh 13:7 *Jesus replied, "You do not realize now what I am doing, but later you will understand."*

If we are unwilling to forgive past hurts, we will never be able to fully enjoy the blessings of the present.

- Maybe something or someone has come to your mind - You say, "I can't do it." Yes you can!

Php 4:13 *I can do everything through him who gives me strength.*

Does this include forgiveness? - absolutely

When someone hurts us, we must free the person and focus on the purpose of the pain.

Pray: "Lord, you know \_\_\_\_\_, who hurt me. With your help I forgive them and free them from the prison of my heart. Lord, from now on help me focus on the purpose for my pain."

Joni Erickson Tada - broke her neck in diving accident

Some of you - cancer, mis-carriage, murder in family, jail time, depression, fear/phobia.

There is a purpose - ask God how He can use you in the lives of others.

As we set people free from the prison of our heart by forgiving them and focus on the purpose of the pain, ....

\* *"We are more than conquerors through Him who loved us."* Romans 8:37