

The Lord is My Shepherd  
Healing Your Hurt  
Take Home Handout

*"You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows." Psalm 23:5 (NIV)*

**FIVE WRONG WAYS WE RESPOND TO OUR HURTS:**

**1. WE \_\_\_\_\_**

*"I kept very quiet... but I became ever more upset. I became very angry inside, and as I thought about it, my anger burned." Psalm 39:2-3 (NCV)*

**2. WE \_\_\_\_\_**

*"I wish I had wings like a dove. Then I'd fly away and rest.... I would hurry to my place of escape..." Psalm 55:6,8 (NCV)*

**3. WE \_\_\_\_\_**

*"When I kept things to myself, I felt weak deep inside me. I moaned all day long." Psalm 32:3 (NCV)*

**4. WE \_\_\_\_\_**

*"To worry yourself to death with resentment would be a foolish, senseless thing to do." Job 5:2 (GN)*

**5. WE \_\_\_\_\_**

*"You are only hurting yourself with your anger." Job 18:4 (GN)*

**HOW GOD HEALS YOUR HURTS:**

**1. LET JESUS \_\_\_\_\_ THE SCORE.**

*"You prepare a table before me in the presence of my enemies."*

*"Never pay back evil for evil. ... never avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it." Romans 12:17,19 (LB)*

**2. LET JESUS \_\_\_\_\_ MY WOUNDS.**

*"You anoint my head with oil"*

*"God heals the brokenhearted and bandages their wounds." Psalm 147:3 (NCV)*

**2 THINGS TO UNDERSTAND WHEN YOU ARE HURTING:**

1. Healing occurs in \_\_\_\_\_.
2. Your going to have a \_\_\_\_\_.

**3. LET JESUS \_\_\_\_\_ MY NEEDS.**

*"My cup overflows"*

**MY CUP WILL OVERFLOW...**

- WITH \_\_\_\_\_

*"God will help you overflow with hope in him through the Holy Spirit's power within you." Romans 15:13 (LB)*

- WITH \_\_\_\_\_

*"...May the Lord make your love to grow and overflow..." 1 Thessalonians 3:12 (LB)*

- WITH \_\_\_\_\_

*"Ask, using my name, and you will receive, and your cup of joy will overflow."  
John 16:24 (LB)*