

Seeing Through New Eyes

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In our quest for healing, we will...

- Recognize the brokenness of ourselves, others and the world.
- Identify and acknowledge the hurt; and,
- Understand the impact of the injury

We will begin to see...

- **What we do because of the hurt.**
 - We react to the pain
 - Esau in Genesis 27
 - We can become driven by the hurt
 - We may project our emotions on others (i.e., guilt, anger, blame, etc.)
 - Mary & Martha in John 11

How does the Lord respond when we act out of our hurt?

- His response is not harsh.
- He identifies with us in our pain.

How should *we* respond when someone is hurting?

- Empathize and not judge them.
- Allow for seemingly abnormal reactions.
- Love and accept *them*, even if their words or actions are unacceptable.
- Speak words of hope and encouragement as the Holy Spirit gives them.

What do we do when *we* are the one who is hurting?

- How *you* react to the personal hurts in your life depends on who you are, not on who you would like to be.
- Believe that Jesus understands and offers hope and comfort in the midst of your pain.
- Accept that you cannot change the past and determine how you will, with the Lord, deal with the scars from the past.

Write a prayer, asking the Lord to help you in your journey: