

## **SCARRED**

### **Week 1 - Hurt Happens**

**Scar** - a pain that leaves a mark on you in some way, shape or form

**Forms** - physical scars and emotional scars

*My grief is beyond healing; my heart is broken (Jeremiah 8:19).*

*I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world (John 16:33).*

*...a reliable messenger brings healing (Proverbs 13:17).*

#### **Lies**

- Emotional scars heal just like physical scars
- People are **CRAZY** if they have emotional scars
- Everyone must act like they have it **ALL TOGETHER**

#### **Truth**

- Everybody **GETS SCARRED**... just in different ways

*Dear friends, don't be surprised at the fiery trials you are going through, as if something strange were happening to you (1 Peter 4:12).*

#### **The Bible isn't filled with examples of "all-together" & "perfect" people**

- Joseph was abused
- Moses stuttered
- Gideon was poor
- Rahab was immoral
- Elijah was suicidal
- Jeremiah was depressed
- Thomas had lots of doubts
- Samson was insecure
- Zacchaeus was mean & unpopular
- Martha struggled to make good decisions

#### **SURRENDER PRAYER**

"God, help me surrender what I can not change in others, the courage to change the things I can in me and the wisdom to know the difference. Help me, God, not to be overwhelmed, by living one moment at a time, one day at a time—with joy—seeing difficult times as a road to growth. Take my human failures and flaws and use them to remind those who know me, that only You are God and I will always just be me, believing that You will make all things right as I surrender to Your will. Amen."

(Serenity prayer, revised by Megan Hutchinson)

God **ALREADY KNOWS** all about your scars

*Nothing in all creation can hide from him [God]. Everything is naked and exposed before his eyes (Hebrews 4:13).*

**HELP: What to Do When I'm Scarred and in Pain**

- Recognize hurt **HAPPENS**
- Realize I'm not **ALONE**
- Risk the effort to **DEAL** with it and heal

*[Jesus said] "Be courageous! I have conquered the world" (John 16:33).*

**THOUGHT FOR THE WEEK:** When life **HURTS**, God **HEALS**.