

October 18, 2015
I Peter 4:1-2

HEALING HIDDEN WOUNDS

I. Introduction:

II. Three Principles To Healing Your Hidden Wounds.

1. FORGIVE _____

“Therefore, since **Christ suffered** in his body, **arm yourselves also with the same attitude**, because he who has suffered in his body is done with sin.” 1 Peter 4:1

“He was **despised and rejected by men a man of sorrows, and familiar with suffering**. Like one from whom men hide their face, **he was despised**, and we esteemed him not.” Isaiah 53:3

“For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has **been tempted in every way, just as we are--yet was without sin.**” Hebrews 4:15

Jesus said, “**Father, forgive them**, for they do not know what they are doing.” Luke 23:34

Why Should we forgive?

a.) God has already forgiven you.

“Bear with each other and forgive whatever grievances you may have against one another. **Forgive as the Lord forgave you.**” Colossians 3:13

b.) You are never going to stop hurting until you learn to forgive.

“See to it that no one misses the grace of God and that **no bitter root grows up** to cause trouble and defile many.” Hebrews 12:15

“You are only hurting yourself with your anger!”
Job 18:4 (GN)

2. FOCUS _____

“As a result, he does not live the rest of his earthly life for evil human desires, **but rather for the will of God.**”
1 Peter 4:2

“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.” Romans 8:28

“Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. If it is possible, as far as it depends on you, live at peace with everyone. 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.” Romans 12:17

“When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats. Instead, **he entrusted himself to him who judges justly.**” 1 Peter 2:23

“Record my lament; list my tears on your scroll--are they not in your record?” Psalm 56:8

3. FACE _____

"Put your heart right, **reach out to God ... then face the world again**, firm and courageous. Then all your troubles will **fade from your memory**, like floods that are past and remembered no more." Job 11:13-16 (GN)

"Finally, brothers, whatever is true, whatever is noble, whatever is right whatever is pure whatever is lovely, whatever is admirable, if anything is excellent or praise worthy, think about such things." Philippians 4:8

"The LORD hears good people when they **cry out to him**, and he saves them from all their troubles." Ps. 34:17 (NCV)

Don't mask your pain with a "quick fix".

"Cast all your cares upon Him, for he cares for you.:
I Peter 5:7

Come to me, all you who are weary and burdened and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humbling in heart and you will find rest for your souls." Matthew 11:28

"May the **God of hope** fill you with **all joy and peace as you trust in him**, so that you may overflow with hope by the power of the Holy Spirit." Rom 15:13

Points To Ponder
I Peter 4:1-2
Week of October 19th to 24th
Healing Hidden Wounds

Open It:

1. In your opinion, what best distinguishes Christians from non-Christians?

Explore It:

2. What did Peter say about the person who has suffered? ([4:1-2](#))
3. What benefit can there be in suffering? ([4:2](#))

Get It:

4. In what ways did Christ suffer?
5. Why did Christ suffer?
6. What difference does it make in your life to know that Christ also suffered?
7. Why is forgiveness so important/

Apply It:

8. Is there anyone that you need to forgive?