

How to bounce back from a hurt?

relationships, friendship, strangers acquaintance, family
Co-worker and church hurt

I know you like wow, so how do you recover? In order to answer that I have to share a little about me. I've encountered the jealousy, gossiping, cheating, physical and mental abuse - people wanting to control me. ~~they~~ When they seen I had a mind of my own. Things would be said and done to me that was very hurtful. These individuals tried to make me feel like I was wrong for speaking up. Some of these relationships I had invested myself into it. Some of these relationships was the people who was my own blood. Let's go over a few of my worst hurts what I had to bounce back.

① My mom didn't want me at ~~my~~ birth. So she did all kinds of hurtful things to me during my growing up and as adult. She spread false rumors, tried to get me fired off jobs, put witchcraft in my yard and apartment, put me in prison, not only does she does hurtful things to me but she has put my cousin them in prison. Which they are better towards her. So how has I handle the hurts and mad woman on the inside of my ~~mother~~ mother.

My great grandma taught me this at a early age.

Mt 5:32 first step in restoring relationship

Are your actions today helping your relationships grow stronger or are you tearing it apart?

Mt. 6:14,15 It is easy to ask God for forgiveness, but difficult to grant it to others. Whenever we ask God to forgive us for sin, we should ask ourselves, "Have I forgiven the people who have wronged me?"

Mt. 5:23,24 Broken relationships can hinder our relationship with God and create problems with yourself personally if we have a problem or grievance with a relationships, we should resolve the problem as soon as possible. Our attitudes toward others reflect our relationship with God and us as individuals

don't withhold it from others Mt 18:35

Because God has forgivens all our sins, we should not withhold forgiveness from others. Realizing how completely Christ has forgiven us should produce a free and generous attitude of forgiveness toward others. When we don't forgive others, we are setting ourselves outside and above Christ's law of love.

Changes b/tternwth joy Luke 15:30

In the story of the lost son, the father's response is contrasted with the older brother's. The father forgave because he was filled with love. The son refused to forgive because he was bitter; his resentment rendered him just as lost to the father's love as his younger brother had been. Don't let anything keep you from forgiving others. If you are refusing to forgive people, you are missing a wonderful opportunity to experience joy and share it with others. Make your joy grow: forgive somebody who has hurt you.

So how did I deal with the situation with mother. I wrote her a long letter, tell how I felt about everything. She wrote me in & she apologized. But her behavior didn't stop. So each time she would try to continue to hurt me. I would express but it didn't do any good. Sometime she would acknowledge what she done and apologize. Other times she would deny it. So I said to myself maybe if I open the door physically for her to visit me. Thing would change but they didn't. She was even worse face to face was I pissed off and was becoming bitter about the whole situation. Why forgive when I forgive and apologize. I am sincere but you have people who purpose hurt people. When they confronted, they apologize but its not real. So what do you? when the person is like this. They have became a stumblingblock in your pathway, trying to ruin your life. (you change and let them go about their business). Stop contacting them - you cannot change and work on nobody but self - so in order to grow you have to let some people go, like me it was my mother in this instance. But this can be a friend, sibling, marriage or just the next door neighbor. We need to cut these soul ties - so we can be free in our spirit. forgiveness can me walking away and not deal with that person again. My question to you today who is a stumbling block in your life that you need to let go of? It could be your own child or grandchild. Sin - could be the person ~~cause~~ cause you to go in a fit of ~~any~~ rage, ~~for~~ for the individual, any relationship, practice or activity that leads to sin should be stopped. Jesus says it would be better to go to heaven with one hand than to hell with both. Sin of course, affects more than our hands; it affects our mind and hearts. How many times you have felt like you was going to loose your mind deal with this person? Because of all the heavy burdens they put on you. Hebrews 12:1 The great cloud of witness is composed of the

the people described chapter 11 of Hebrews the faith chapter. Their faithfulness is a constant encouragement to us. We do not struggle alone and we are not the first to struggle with the problems we face. Others have run the race and won and their witness is ⁴⁵ to run and win also. What an inspiring heritage we have! long distance runners work hard to build endurance and strength. On race day their clothes are light weight and their bodies lean. To run the race that God has set before us, we must also strip off the excess weight that slows us down. How can we do that? (1.) choose friends who are also committed to the race wrong friends will have values and activities that may deter you from the course. Much of your own weight may result from the crowd you run with. Make wise choices. (2.) Drop certain activities. That is, for you at this time these maybe weight. Try dropping them for a while; then check the results in your life (3.) Get help for addictions and co-dependency of unhealthy relationships in your life. If you have a secret weight such as pornography, gambling, strip clubs, adult ~~entertainment~~ entertainment or alcohol, admit your need and get help today. After I let go of that unhealthy relationship with my mom, siblings, and friends. The weight has lifted off my shoulders. I get up every morning I feel good. I have no contact with them at all. I pray for them daily. Another thing was weighing me down was my job as a supervisor over the piano team and sounds. I enjoy doing it but I was weighed down. I had to let it go. Do I ~~mean~~ miss it yes but I am so ~~so~~ free and happy. But more so I am healthy. Cause these situations was causing me health issue. I don't know who the people this for. But it's time to put some things down and let it go. That do not mean you have forgiven. Let me add this last nugget Sometimes it's not the person who we connected to is the problem. Sometimes it's the people who they connected to is keeping all the confusion going. So we dislike the people who our friends, ^{but friends, girlfriend, best friend,} sibling, neighbors, ~~or immediate family~~ boyfriends, girlfriends, husband or wife hanging out with. It's just causing a lot of confusion it's like you can't say nothing to the people or person causing the confusion. Then you end up having problems with your people because these are their buddies. So many people have this church stuff pack down. You have to look everybody. So you cannot be like that disliking people. They make you feel guilty about your feelings or your gut feeling telling you hey this ain't right with that person you see what they trying to do. Don't let anyone put guilt on you. You have the right to dislike whomever for your purpose. Yes you have to love them because God command us to love one another. Even with that you have a choice. Don't let anyone of the Christian

faith beat you up in this area because it's a whole lot of people I dislike because people can try to do some foolish things to us and the people who we suppose to be closest to. I've seen a lot of childishness when it comes to relationship. I have two sibling who don't want me to have a mate they get jealous and will do anything to destroy that relationship because they feel the mate is taking up their time. I've had family members and friends who wanted to pick who talk to me and who's not to talk to me. They would do destructive things to ruin the relationship. Say a situation present itself for me to help my enemies would I ignore them even though I dislike them absolutely no. We have to get to a place where even though I dislike her or him, don't have to be around them 24/7 or befriend them. But when opportunity present itself help them in spite of out of sincerity. - 1 John 2:9-11 Does this mean that if you dislike someone you aren't Christian? These verses are not talking about disliking a disagreeable person, friends, sibling, husband, wife or immediate family, Christian brothers or sisters. There will always be people we will not like as well as others. John's words focus on the attitude that causes us to ignore or despise others, to treat them as irritants, competitors or enemies. Christian love is not a feeling but a choice. We can choose to be concerned with people's well-being and treat them with respect, whether or not we feel affection toward them. If we choose to love ~~hate~~ others. God will help us express our love.

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