

The Second Wound

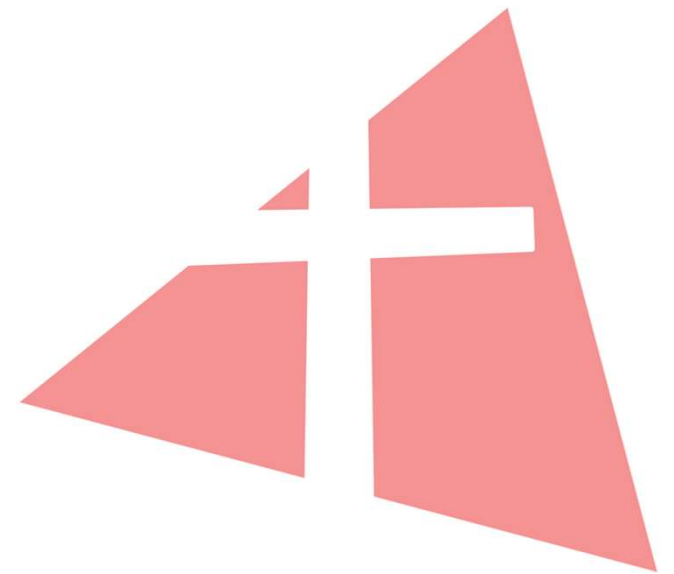
April 11th 2021



Last few weeks

- **Our childhood**

Wounds that haven't healed we pass on



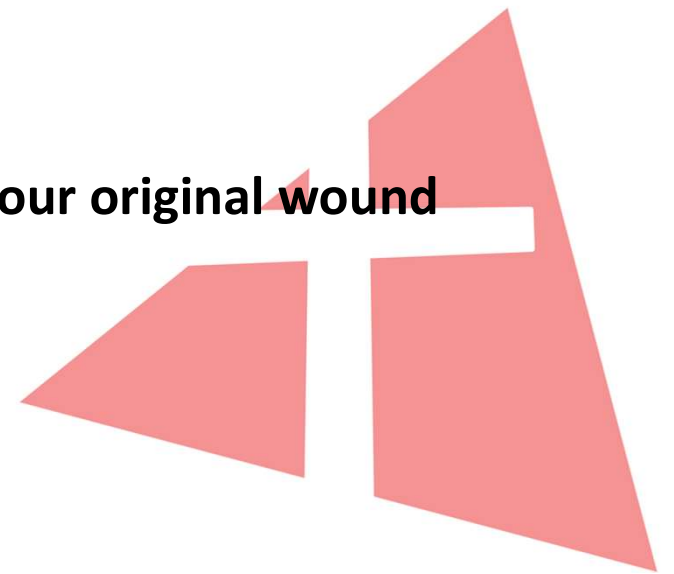
Today's Topic

- **What we covered**
 - We've identified issues from our childhood
 - We have talked about "steps to take"
 - We have talked about forgiveness
- **Last step: The Second Wound**



Today's Topic

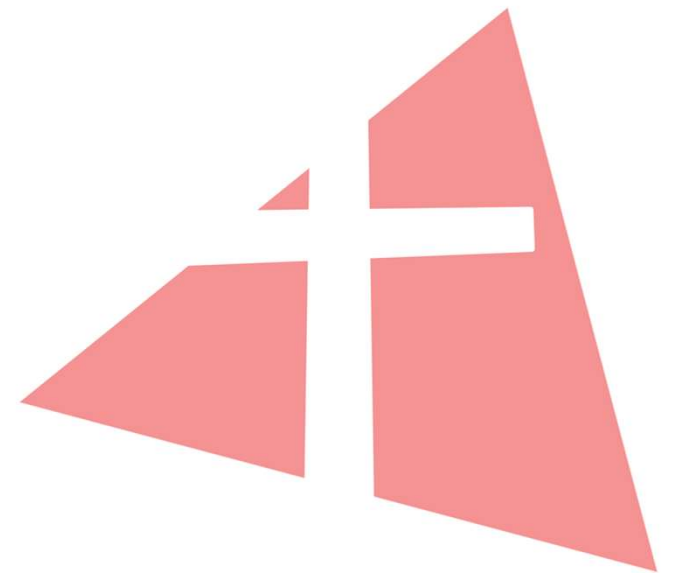
- **We all have our wounds**
- **The original wound is what someone else did to us**
- **We often hurt ourselves even more in the way we respond to our original wound**



Sinful Responses

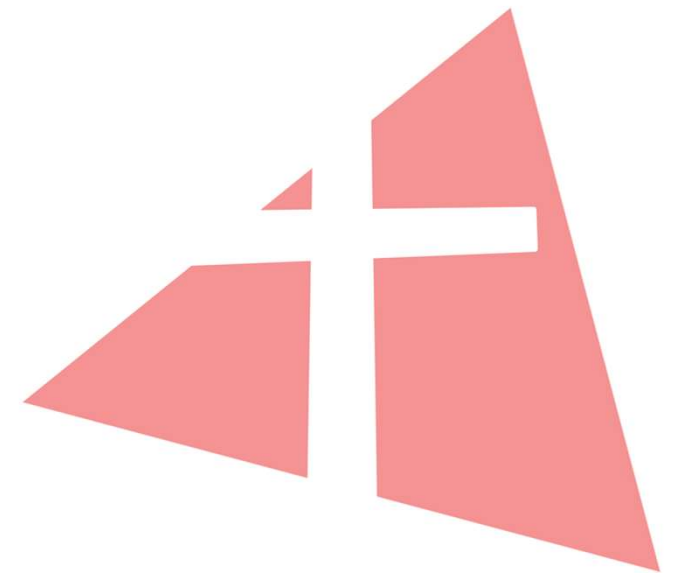
○ Typical signs

- Blaming
- Unforgiveness
- Avoidance
- Victim mentality
- Helplessness



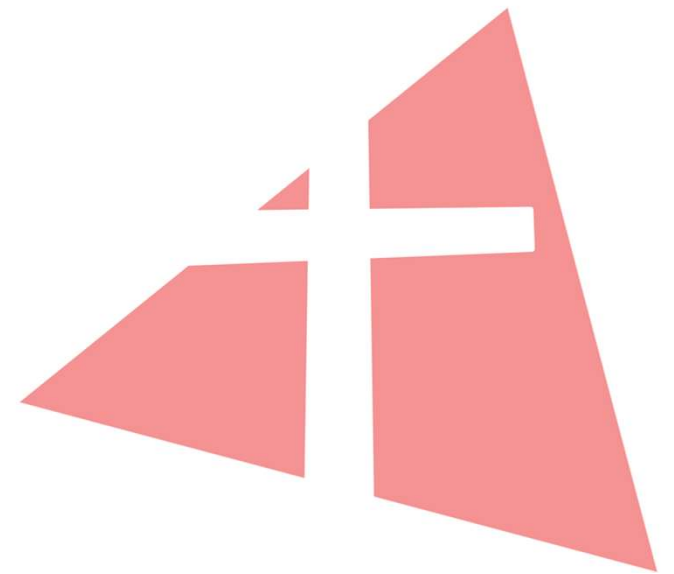
Forgiveness

- **What is forgiveness not**
 - Not forgetting
 - Not restoration
 - Not “pretending like it never happened”
 - ...
- **Forgiveness is letting go of our right to revenge**



Forgiveness

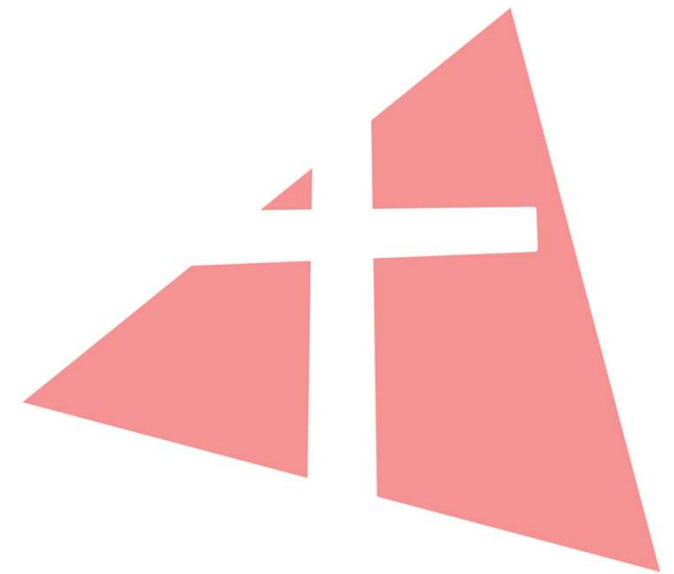
- **After we get hurt by others: We either forgive or we get bitter**



Forgiveness

Ephesians 4:26 Be ye angry, and sin not: let not the sun go down upon your wrath:

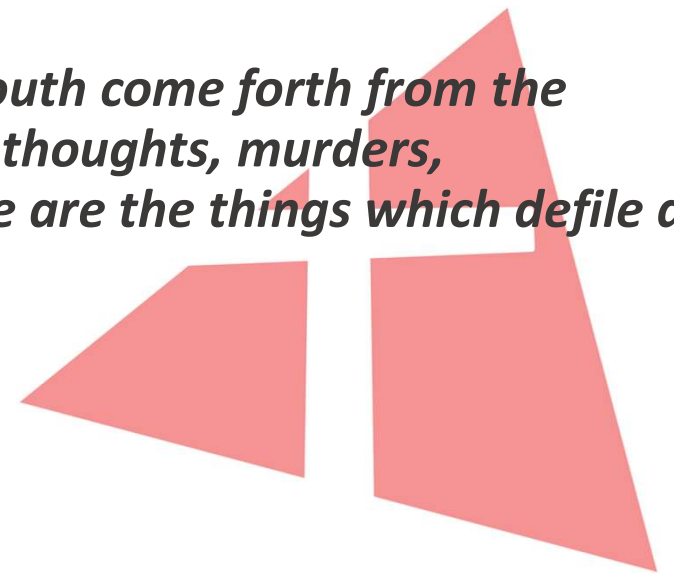
- **Three ways of trying to deal with anger**
 - **Nurturing anger**
 - **Doing nothing**
 - **Dealing with anger**



Our Hearts

- Satan wants us to believe that our sin is caused by others

Matthew 15:18-20 But those things which proceed out of the mouth come forth from the heart; and they defile the man. For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies: These are the things which defile a man: but to eat with unwashen hands defileth not a man.



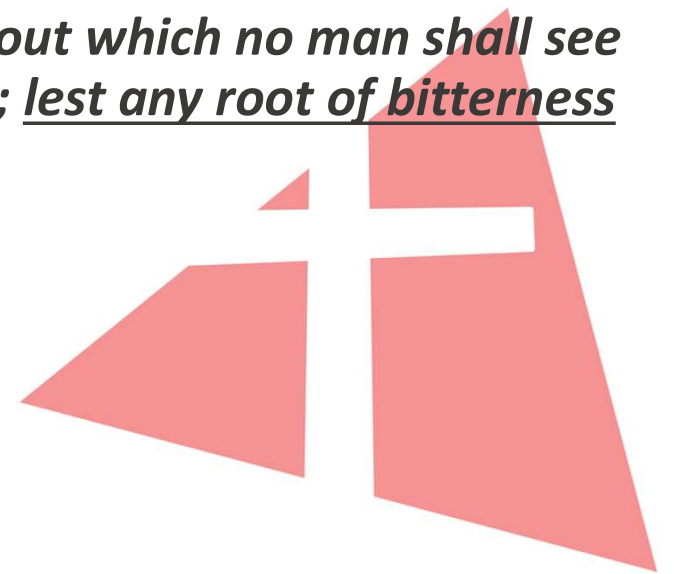
Who is responsible?

- **We are not responsible for what other people do to us**
- **We are responsible for “how we respond to being hurt”**



The root of bitterness

Hebrews 12:14-15 Follow peace with all men, and holiness, without which no man shall see the Lord: Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled;



The Antidote

Ephesians 4:31-32 Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.



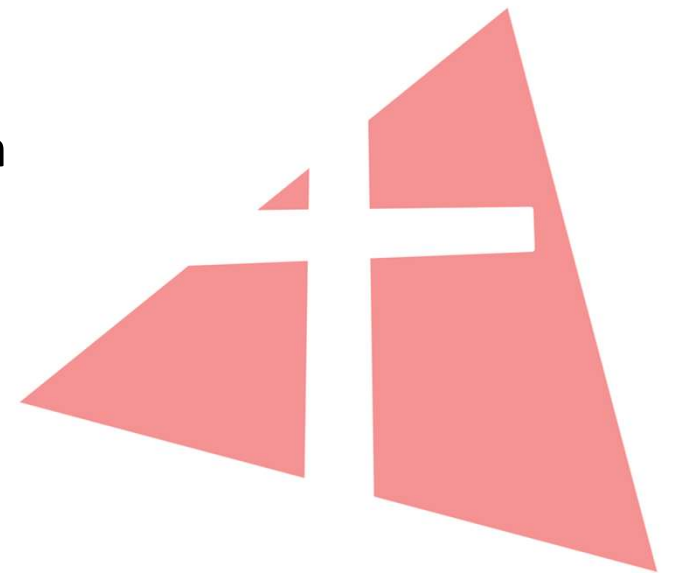
Be diligent

Galatians 5:1 Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.



In conclusion

- **We all get hurt**
- **The pain of the original sin is real**
- **But how we respond decides whether we add to our own pain**



In conclusion

John 8:36 If the Son therefore shall make you free, ye shall be free indeed.

