



WELCOME TO SOUTHEAST

Southeast provides relational environments where you can find Jesus, community, and purpose.

GET CONNECTED

God created us for community. If you are interested in serving, participating in a small group, or would like more information about an upcoming event, join us at the Connections Studio live via Zoom after services: southeastcc.org/connect or send an email to connect@southeastcc.org.

NEED PRAYER?

We are honored to pray with you or for you. Join us after services to pray with someone: southeastcc.org. You may also submit a prayer request at southeastcc.org/prayer.

NOTES: TOGETHER - WHAT DO I DO WITH MY HURT?

Psalm 56 New International Version (NIV)

Be merciful to me, my God,
for my enemies are in hot pursuit;
all day long they press their attack.
My adversaries pursue me all day long;
in their pride many are attacking me.

When I am afraid, I put my trust in you.
In God, whose word I praise—
in God I trust and am not afraid.
What can mere mortals do to me?

All day long they twist my words;
all their schemes are for my ruin.
They conspire, they lurk,
they watch my steps,
hoping to take my life.
Because of their wickedness do not let them escape;
in your anger, God, bring the nations down.



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Record my misery;
list my tears on your scroll—
are they not in your record?
Then my enemies will turn back
when I call for help.
By this I will know that God is for me.

In God, whose word I praise,
in the Lord, whose word I praise—
in God I trust and am not afraid.
What can man do to me?

I am under vows to you, my God;
I will present my thank offerings to you.
For you have delivered me from death and my feet from stumbling,
that I may walk before God in the light of life.

There are two kinds of hurt: past hurt and present hurt.
They masquerade as another type of hurt: future hurt.
Hurt only comes from a couple of sources:

- Things done to me
- Things done by me to others or myself

What do I do with my hurt?

1. No one can conquer hurt alone. You will either repress it or it will make you bitter.

Ecclesiastes 4:7-10 NIV

Again I saw something meaningless under the sun:

There was a man all alone;
he had neither son nor brother.
There was no end to his toil,
yet his eyes were not content with his wealth.
“For whom am I toiling,” he asked,
“and why am I depriving myself of enjoyment?”
This too is meaningless— a miserable business!

Two are better than one,
because they have a good return for their labor:
If either of them falls down,
one can help the other up.
But pity anyone who falls
and has no one to help them up.



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Hebrews 3:12–13 NIV

See to it, brothers and sisters, that none of you has a sinful, unbelieving heart that turns away from the living God. But encourage one another daily, as long as it is called “Today,” so that none of you may be hardened by sin’s deceitfulness.

2. You must name and process the hurt.

John 8:32 NIV

Then you will know the truth, and the truth will set you free.

- Process it with the right people.
- Commit never to numb pain.
- You cannot selectively numb.
- To numb hurt numbs creativity, hope, and joy.

3. Begin to be thankful to the Lord intentionally.

Romans 1:18–23 NIV

The wrath of God is being revealed from heaven against all the godlessness and wickedness of people, who suppress the truth by their wickedness, since what may be known about God is plain to them, because God has made it plain to them. For since the creation of the world God’s invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that people are without excuse.

For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened. Although they claimed to be wise, they became fools and exchanged the glory of the immortal God for images made to look like a mortal human being and birds and animals and reptiles.

Philippians 4:4 NIV

Rejoice in the Lord always. I will say it again: Rejoice!

- Make a list of what you are thankful for daily.
- Start with one or two things.
- Work toward five to ten things.
- Then move to things you are thankful for about people.

Implications:

1. What from your past keeps holding you back from experiencing wholeness in your life?
2. How have you experienced Psalm 56? How have people twisted your words? How do you handle that?
3. How have those closest to you made a difference in your life? In what ways have you honored that investment?
4. What can you be thankful for in this season?



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