

Trusting God—When Life Hurts

He heals (rapha) the brokenhearted and binds up their wounds. ~Psalm 147: 3

Ladies' Bible Retreat

Duluth Bible Church

March 5, 2021

Speaker Carol Helland

Scripture Reading: Psalm 147: 1-11

"The Secret of His Love": God proved His love for you at Calvary. The Gospel reminds us daily of His love and grace: **I John 3: 16; I John 4: 10; I John 4: 19.**

In God's loving care we are never left to face a difficult situation alone or without His help: **2 Corinthians 3: 5.**

Our View of God

What we think about God affects almost every relationship and everything else—how we see ourselves, our life, and how we get out of bed in the morning. We need God's Word to renew our minds—to unpack and untangle Satan's lies about God and allow God's Truth to set us free from our hurt.

Jehovah Rapha: "to heal"; "to make healthy"

"Rapha" is used more than **60 times in the Old Testament** in reference to physical, emotional, or spiritual healing (**Isaiah 53: 5**). When Jesus was speaking in the Synagogue, He quoted from **Isaiah 61: 1-2**, and read that He *"came to heal the brokenhearted"* (**Luke 4: 18**).

Jesus Compassion

*Jesus . . . was moved with *compassion toward them" (Matthew 14: 14). *Compassion means "being stirred to the depths."*

The Prodigal Son: The good father showed compassion on his wayward son who came back home. This story teaches us about forgiveness—not only of our heavenly Father's but our forgiveness of others. Forgiveness is the healing balm to our hurt in relationships.

How can we forgive when we have been hurt? Because God in Christ Jesus forgave you, you can “walk in love”—Christ’s divine (*agape*) love—and forgive: **Ephesians 4: 32-5: 1-2; I Corinthians 13: 4-8.**

Our **Lord Jesus** knew hurt and rejection better than anyone. He identifies with our hurt. *He was a man of sorrows and acquainted with grief.* He faced rejection from his home town, rejection from his family, and rejection from His own people, the Jews, to whom He had come as their Messiah: **John 1: 11-12; Psalm 27: 10; Mark 6:4.**

The Power of God

It is the power of God—not us, that is the power of God unto salvation. And His power goes to work in our Christian lives to raise us above our circumstances, even when life hurts. Walk by faith in His power—His *dunamis*—His dynamic Power through the Holy Spirit that was given to us: **Romans 1: 16.**

Bible Characters Who “Hurt”

- **Hannah** took her pain of barrenness to the only One who could alleviate it—the Lord her God: **I Samuel 1: 10-11.**
- **Elijah** felt he was the only one who had been faithful to God and look what happened to him. After wandering in the wilderness, he sought refuge in a cave. A strong wind, an earthquake, and a fire occurred right before him to reveal God’s power. Finally, God spoke tenderly to Elijah with a still, small voice, “*Elijah, what are you doing here?*” In the Hebrew “*still, small voice*” means “*the sound of thin silence*”: **I Kings 19: 1-16.** May we “*be still and know that He is God*” in our circumstances: **Psalm 46: 10.**
- **Asaph**, a psalmist, writes that his “*heart was grieved*” when he was hurt by others. But he remembered Who God is and how God is with him. “*God is the strength of my heart,*” he writes in **Psalm 73: 23-24.**
- **Jeremiah** knew well of hurt and rejection, yet he had hope in the living God: **Lamentations 3: 21-24.**

God wants to transform your story into one of victory that exalts your Savior and *Jehovah Rapha*. “*But now, LORD, what do I look for? My hope is in You*” (**Psalm 39: 7**).

Trusting God—Our Identity in Christ

He has made us accepted in the Beloved. ~Ephesians 1:6

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Duluth Bible Church

March 6, 2021

Speaker Carol Helland

Scripture Reading: Ephesians 1: 3-14; Ephesians 3: 20-21

Facts about Your Life

As a believer in Jesus Christ, you are forgiven and counted worthy and righteous; uniquely crafted, known, accepted, adopted, and loved by God; no longer in debt (Jesus Christ paid your sin debt); a citizen of heaven with an unfading inheritance; a daughter of the King; chosen in Him and counted holy and blameless; blessed with all spiritual blessings; you are Jesus' friend. To God be the glory! (**Ephesians 1:7; 11-14**)

The Gospel: Remember: The Gospel reminds me daily of God's love and grace. Think back to when you met Jesus Christ through faith in His finished work on the cross for you. He proved His love for you at Calvary: **I Corinthians 15: 3-4; Romans 8: 30; I Peter 3: 18; Psalm 103: 12; I Peter 1:3.**

Put Off and Put On: *That you **put off**, concerning your former conduct the old man . . . and **be renewed** in the spirit of your mind; and that you **put on** the new man, which was created according to God in true righteousness and holiness* ~**Ephesians 4: 22-24.**

Seek to Please God

Do I now persuade men, or God? Or do I seek to please men? For if I still pleased men, I would not be a bondservant of Christ: **Galatians 1:10; Colossians 1: 10; Romans 8:30.**

When a man's ways please the Lord, he makes even his enemies to be at peace with him (**Proverbs 16:7**).

The Abundant Life

If we're not careful, we believe Satan's lies that one of God's attributes isn't love, and we have to earn His love. Our relationship with Jesus Christ is not dependent upon what we do. He loved us while we were yet sinners. See yourself as God sees you. Change from Satan's lies to God's truth: **John 10:10**.

Don't masquerade to be someone you are not. The apostle Paul gives good advice: *Do not be conformed to this world, but be transformed by the **renewing** of your mind, that you may prove what is that good and acceptable and perfect will of God:* **Romans 12:2; Ephesians 6: 6.**

The Apostle Peter's Story: May your past not blind you to God's good work in you today. Satan would like you to revisit your mistakes and not focus on God's grace and forgiveness. Don't buy into Satan's lies. Christ has freed you from the guilt and shame of your past, just as He did Peter: **I Peter 2: 3; I John 4: 19.**

The Truth Bookmark: **Your Life + God's Truth = Victory:** *He gives us the victory through our Lord Jesus Christ* (**I Corinthians 15: 57**).

Your Life Is Hidden with Christ in God: To have our lives hidden with Christ is the most secure of all secure hiding places. Our victory in Christ as overcomers should extend to all circumstances and relationships. We are overcomers in Christ by faith! ~**John 16: 33**

The Hidden Woman of the Heart: (**I Peter 3:1-7**) The hidden woman of the heart is hidden with Christ in God. How we view ourselves begins in the heart or the mind. Just as our physical heart pumps life-blood to the rest of the body, our spiritual heart affects our will, affections, desires, imagination, conscience, and mind. Let God's Word renew daily your heart and mind.

We Do Not Lose Heart: *Though our outer self is wasting away, our inner self is being renewed day by day* (**2 Corinthians 4: 16**).

You Are Always on God's Mind: **Psalm 139: 17-18.** Delighting in God's love and grace through the power of the Holy Spirit transforms everything about you, including how you live-out your "new" identity in Christ. You are God's beloved child. "Trust in Him at all times" ~**Psalm 62: 7-8.**

Appendix

Trust: *intelligent, not blind, confidence in the character and integrity of Jesus Christ; reliance on His promises even when doubts and fears assail us; the ability to love again after the heart has been broken. ~Coming to Terms with Life's Raw Deals, Joel Freeman*

- *It is wonderful what God can do with the broken heart if He gets all the pieces. ~George Mueller*
- *Nothing touches me that has not passed through the loving hands of my heavenly Father. **Nothing.***
- *And everything I endure is designed to draw me closer to my Savior and prepare me for my eternal life in Christ. **Everything.** ~Adapted from *Improving Your Serve*, Chuck Swindoll*

Where to Find Help in Time of Need

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| When suffering afflictions | <i>Psalm 34: 19; 2 Corinthians 4: 17</i> |
| When being treated unfairly | <i>I Peter 2: 19-23; I Peter 4: 12-15</i> |
| When lonely and depressed | <i>Hebrews 13: 5; Psalm 23</i> |
| When seeking guidance | <i>Proverbs 3: 5-6; James 1: 5</i> |
| When weary and in need of rest | <i>Matthew 11: 28-30; Galatians 6: 9</i> |
| When feeling weak and inadequate | <i>2 Corinthians 12: 9-10; Philippians 4: 13</i> |
| When burdened with many problems | <i>Psalm 55: 22; I Peter 5:7</i> |
| When seeking peace in time of turmoil | <i>John 14: 27; 16: 33; Philippians 4: 6-7</i> |
| When facing danger | <i>Psalm 91; Psalm 121</i> |
| When facing sorrow | <i>2 Corinthians 1: 3-5; Romans 8: 26-28</i> |
| When in financial need | <i>Psalm 34: 10; Philippians 4: 19</i> |
| When your patience is being tried | <i>James 1: 2-4; Romans 8: 28-29</i> |

A Note from the Speaker

Are the circumstances and trials in your life revealing your need to know God personally through His Son, Jesus Christ? Dear friend, God wants to give you a new life in Christ. The Bible teaches us that God loves you. He wants you to know Him.

For God so loved the world that He gave His only begotten Son, that whosoever (that means you!) believes in Him should not perish, but have everlasting life (John 3:16).

What prevents us from knowing God personally? We are sinners, separated from God, so we cannot know Him or experience His great love without seeing ourselves first.

All have sinned and fall short of the glory of God (Romans 3:23).

Our sin leads to death and judgment.

The wages of sin is death (Romans 6:23).

And in as much as it is appointed for men to die once and after this comes the judgment (Hebrews 9:27).

Jesus Christ is God's only provision for our sin. Through Him alone we can know God personally, be forgiven for our sins, and experience God's love, peace, and strength. He died in our place on the Cross for our sins.

But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us (Romans 5:8).

For when we were yet without strength, in due time, Christ died for the ungodly (Romans 5:6).

After Christ's death, He rose from the dead.

The Gospel: Christ died for our sins . . . He was buried . . . He was raised on the third day according to the Scriptures . . . (I Corinthians 15:3-4).

Jesus Christ is the only way to God.

Jesus said to him, I am the way, the truth, and the life: no one comes to the Father, but through me (John 14:6).

It isn't enough to simply know about these things. We must make a personal decision to receive Jesus Christ as our Savior and then we can know God and experience His love and strength. If you have not accepted Christ as your Savior, I encourage you to do so today.

By grace you have been saved through faith, and that not of yourselves, it is a gift of God, not as a result of works that no one should boast (Ephesians 2:8-9).

In this was manifested the love of God toward us, because that God sent his only begotten Son in the world, that we might live through him. Herein is love, not that we loved God, but that he loved us, and sent his Son to be the satisfaction for our sins (I John 4:9-10).

Study Questions

1. According to **Romans 5: 1-5**, why do you think God allows hardship into a believer's life? What Christ-like attribute in your life has God developed?
2. Read the following verses about how the Holy Spirit enlightens and strengthens our faith. What benefits are ours through hearing the Word of God? **Romans 1: 16; 10: 17; Colossians 1: 5-6; I Peter 2: 2-3**.
3. As a child of the King, we have a new identify. We are adopted by our Father in heaven, accepted and valued. Read **Colossians 3: 1-5 & 12-5**. What else has God said about you?
4. As a child of God, we are called to love (*agape*) others in the same manner in which we have been loved by God. Why is this love responsive in nature? Read **I John 4: 8-9**.
5. What was the Apostle Paul's prayer for the Ephesians and our prayer for you? How will you benefit from this knowledge? Read **Ephesians 3: 18-19**.
6. Because we are one with Christ in His resurrection life, the earthly things have lost their power. Who is our life and where is it hidden? And why would we want a hidden life? Read **Colossians 3: 1-4**.
7. God's love through the power of the Holy Spirit transforms "the hidden woman of the heart" through her actions or behaviors. How does this transformation affect a wife with an unsaved or difficult husband? Read **I Peter 3: 1-6** and write **verse 3** below.

Reflection Questions

8. Who is there in your life whom you need to forgive? Read **Ephesians 4: 32** and write below **Philippians 3: 13-14**.

9. Do you see *God's* love and care for you in the circumstances He has planned and allowed? Write below in what ways and include a verse that has helped you.

10. Write down three people for whom you can pray and encourage this week, either by a phone call, text, card, or personal visit (**2 Corinthian 1: 3-4**).