

[FROM HURT TO HEALING]

[excerpt from **THE HIDDEN POWER OF UNDEFEATABLE FAITH** by **GLENDA MALMIN**]

Have you ever felt that you were going somewhere...only to find out that you weren't? Have you ever felt that you were finally going to reach the top of the proverbial ladder, only to have it pulled out from underneath you? Have you ever realized that there were people in your life who cared more about using you for their benefit than releasing you to accomplish God's will in your life? Have you ever felt like a pawn in a giant game of chess rather than a chosen, anointed servant of the Most High God?

If you've experienced these things, you must learn to see life with God's eyes. You can't look at your circumstances – they're temporary. You can't look to people – though you

You've got to see your life from **His perspective, not yours, not anyone else's** | may be friends throughout eternity, they're temporary residents of this earth as well. You've got to see your life from His perspective, not yours, not anyone else's. God is the only one with an eternal perspective, seeing the end from the beginning. You may be a pawn in someone's strategy in life, but not in the eternal God's. You are blessed and chosen for a purpose to Him.

When people have a low estimation of their personal value, they become easy prey for abusive people. They are susceptible to false accusations, berating, and validation of their own unworthiness. When they have a healthy realization of who they are in Christ, they may be temporarily affected by such deeds of ignorance and wickedness, but they don't stay down long before their healthy self-worth comes bounding once again to the surface of their heart.

If you have a reasonable awareness of your personal value to Christ but are struggling due to an attack by someone you trusted with your heart, know that God is still with you. Sadly, those that abuse come in all shapes and sizes and in all kinds of relationships.

They can be marriage partners, children, Christian leaders, bosses, well-meaning friends, and hurtful critics. It is paramount that you be diligent about keeping your heart clean before the Lord. The Psalmist cried out:

You be diligent about **keeping your heart clean before the Lord**

“Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me away from your presence, and do not take Your Holy Spirit from me. Restore to me

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the joy of Your salvation, and uphold me by Your generous Spirit.”

Psalms 51:10-12

I recommend five steps for maintaining a clean heart when it comes to hurt, misuse, and false accusations:

1. Confess the hurt

Be honest with yourself and with God about the hurt in your own heart. Where does it hurt and why does it hurt there?

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

1 John 1:9

The word “sins” in this passage refers to offenses as well as sins in the original language. So confess your offenses to God, give them to Him.

2. Forgive

Do not let any unforgiveness reside in your heart. Forgive the abusive person. Although he might want to be arrogant about his station in life, ignorant of his own heart issues, or simply insensitive, he likely did not purpose to hurt you by his comments or deeds.

“Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you will be forgiven.”

Luke 6:37

3. Release the hurt and the offense

Give it to God. This is a trust issue now between you and the Creator of your heart. Only God has the right to avenge. Also never, never gossip about the offender. Receiving pastoral counsel is appropriate but gossip will never be rewarded.

“Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, ‘Vengeance is Mine, I will repay,’ says the Lord.”

Romans 12:19

4. Renew your mind through the power of prayer and the Word of God

God is a supernatural being, and interacting with Him verbally and meditating on His

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Word releases encouragement and healing to the wounded soul. Both have the power to renew, refresh, and restore the mind.

“And 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

5. Move forward and choose joy

Leave behind the past and reach forward to the future. Choose joy on a daily basis.

“Blessed are you when men hate you, and when they exclude you, and revile you, and cast out your name as evil, for the Son of Man’s sake. Rejoice that day and leap for joy! For indeed your reward is great in heaven...”

Luke 6:22-23a

Negative life experiences affect everyone. Granted, these experiences don’t “just happen.” They happen by man’s evil choices, by ignorance and insensitivity, by Satan’s evil intent or perhaps even by God trying to get our attention.

However, they do happen. If you let it, life will change you for the better, not the worse. The experiences of life do not have power over you; you have the power over them. You have within you, through the Holy Spirit, the ability to choose how life’s experiences will change and affect you.

You have the **ability to choose** how life’s experiences will **change** and **affect** you.

Know that you please the Lord each day by continuing to choose to walk by His principles. Know that He is pleased with you, even if it has been a long time since you have “felt” His pleasure. Know willingly embrace the fact that you will indeed never be the same again (yes, embrace it). It’s okay to lament over the loss – shed as many tears as you need to. Now determine that you will continue to choose joy daily, and confess to the Lord that you desperately need a miracle from Him. He is in the emotional healing and miracle-working business. You serve a miracle-working God.

If you will be **faithful to work the principles of God**, He will be **faithful to heal your wounded heart**

If you will be faithful to work the principles of God, He will be faithful to heal your wounded heart and to not only restore you to wholeness, but to make you more than a

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conqueror. Never believe that you are a pawn in the game of life – you are a vessel chosen by the Creator of the Universe. Go out today knowing that God is on your side and He will take care of the issues of your heart.