

# The Loving Hurt – Lesson

**Lesson summary:** Sometimes God has to hurt us in order to bring healing and wholeness to us. Be ready for it and be thankful for it. He is saving your soul.

## **2 CORINTHIANS 7:8-9 (NIV)**

<sup>8</sup>Even if I caused you sorrow by my letter, I do not regret it. Though I did regret it—I see that **my letter hurt you**, but only for a little while—<sup>9</sup>yet now I am happy, not because you were made sorry, but because **your sorrow led you to repentance**. For you became sorrowful as God intended and so were not harmed in any way by us.

### **1. Pain is sometimes necessary for growth and healing**

I thank God for the times He hurt me out of love so that I would deal with the things I needed to take a more serious look at.

It is like a doctor who needs to break a bone again so it can be set properly. We have some spiritual bones that have healed incorrectly and they are causing friction in our lives and hindering us. We may not even be aware of these hindrances in our life.

### **2. Pain can make us aware that something is wrong**

We all have blind spots in our lives. Just because we don't know where we need to grow, doesn't mean God doesn't know.

We don't recognize the destructiveness of some things unless God allows us to suffer pain because of them.

### **3. A loving hurt gives us the opportunity to grow stronger**

Because He loves us, God allows painful experiences in our lives so that in the end we will be made whole.

If our response is repentance and growth, it always ends up better than if we had not been hurt.

### **4. Pain is a powerful motivator for change**

Often we know the right thing to do but are unwilling to do it.

The increasing pain of hitting bottom often motivates us to change, like the prodigal son.

### **5. The more we submit to God, the less painful our growth is**

We need to guard ourselves from letting ourselves go to a point where the only way we will change our lives and do the right thing is if God uses some painful circumstance to get our attention. We need to be sensitive to the Spirit of God who can correct us much more gently.

The more willful and rebellious we are, the more painful our lives are.

### **6. God desires to guide us by love and trust**

God states in **PSALM 32:8 (NKJV)** "I will guide you with My eye," which means He wants us to be open to correction without having to cause us pain. We can be so close to God that we can sense what He wants without being hit in the head with a 2x4.