

# The Loving Hurt – Daily Exercises

*Thoughts and questions for reflection, writing, and prayer to enhance personal growth.*

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## Day 1

Think of a time when you were hurt by God. These are often instances where we are in sin of some kind and not willing to change and then God comes in and allows something to happen that causes pain and brings us to our senses. What was your reaction at the time it happened? What was your reaction after you had some time to think about it? Did it produce good or bad in your life? If you could re-live that experience, would you change any of your reactions? What would that have looked like? Write down your thoughts.

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## Day 2

Think back in your life of the times you went through a period of repentance. What was happening right before that? Was it something pleasant or something painful you were going through? Pain is a powerful tool to bring growth in our lives. Write down some areas in your life that you have seen growth that started with some kind of painful experience or time of emotional turmoil.

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## Day 3

### Memorize

**PSALM 119:67 (NIV)**

Before I was afflicted I went astray, but now I obey your word.

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## Day 4

God desires to make us better and sometimes that is painful, but He is always operating in love. Have you ever had a bad attitude towards God because of things that have happened in your life? Often, if we are honest, we find much of the cause of these things lies in our own behavior and choices. What is a good attitude that would help you to get through times of pain without getting angry at God? What are some truths that could help you keep focused on the fact that God loves you and uses circumstances to make you better and bring healing?

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## Day 5

Sometimes God uses people to say something that might be offensive to someone who is unwilling to change. We have to be very careful that we are hearing from God in these instances because it is easy to speak hurtful things that are just hurtful and have no redeeming value. But we also need to have courage to speak the truth into the lives of those we care about. It can be unpleasant sometimes to say things to people that they need to hear, but we need to be willing to allow God to use us no matter how He wants to. Spend some time praying and asking God to identify if there is any area in your life that is offensive to Him and to ask Him to use you however He sees fit.