

## How to Run to God as Refuge When Hurt or Wounded

As Christians, very few of us have been taught how to handle negative emotions of everyday life. In an attempt to avoid sinful responses and to be a “good Christian,” we are often tempted to deny emotions that do not seem godly. Instead of honestly coming to God, being real with Him about our feelings and allowing Him to minister to us, we pretend we do not hurt. Unfortunately, there are no unexpressed emotions. So sooner or later, they come out sideways at the wrong time and wrong place.

Instead of the normal stuffing and blowing process that many of us live by, there is another way to handle all the hurts and angers we experience. In essence, we bring them to God. He is more than big enough to handle whatever we are experiencing. The following method of “venting and releasing” is offered as a godly alternative to “stuffing and blowing.” Try it. It works.

### The Vent and Release Process:

When hurt or in need, God would have us:

1. **Quickly acknowledge** to Him that we are emotionally reacting to something hurtful (anger, hurt, jealousy, frustration, etc) “Lord, this hurts. . .”
2. **Honestly describe** the situation to Him as we see it. List all the ways we were offended. “He was unfair.” “He embarrassed me in front of everybody. . .”
3. **Forgive the person** who has offended us with an act of our will. “Lord, You are the One Who judges justly. I release this person and all he has done to You. I ask that you cause some good to come out of this for me, for others and even for this person. Please remove all anger, pain, and bitterness from my heart.”. Include, “What may I have contributed to this situation?”
4. **Wait quietly in His presence** and release our pain to Him. ( Ask Him to remind us later if we begin to replay offenses. Continually release the person and situation back to Him as often as necessary until we are no longer bothered by it.)
5. **Repent** of any sinful reactions we may have had.
6. **Ask God to give us His truth** and His perspective. It is important to take a few minutes to get God’s perspective on this. It will change our hearts.

Remember: Anger is not a bucket to be emptied. Anger is a factory and will continue to produce more anger.

*Paraphrased from False Refuges, Elijah House Basic 11 School of Prayer Ministry, p. 224.*