

How to Run to God as Refuge When Hurt or Wounded

In an attempt to avoid sinful responses and to be a “good Christian,” we are often tempted to deny emotions produced by our wounds or needs. But suppressing pain and need is a subtle way for the sinful nature to deceive us. Instead of simply coming to God, being real with Him about our feelings, and allowing Him to minister to us, we pretend we do not hurt. Our sinful nature offers to help us to be good and protect us from sin by denying our emotions. Unfortunately, there are no unexpressed emotions. So sooner or later, they come out sideways at the wrong time and wrong place.

But most of us see our feelings of hurt, anger, or rejection as ungodly so we try to push them away and act “nice.” In essence, the sinful nature rises up disguised as “niceness,” a potent form of denial, offering to save us from emotions and the sinful reactions of our sinful nature. It offers to take care of itself! (Remember “it is deceitful above measure”), Either way, whether we wrongfully react to hurts or trust ourselves to make sure we don’t react, the sinful nature remains in control. This is what creates religion. Our self-controlled life is trying to please God and convince Him that we are worth saving. “See how nice I am?” Instead God would have us acknowledge our wounds and sinful responses and trust fully in the salvation that He has already accomplished for us through Jesus Christ.

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)
2. **Honestly describe** the situation to Him as we see it. List all the ways we were offended.
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.”
4. **Wait quietly in His presence** and release our pain to Him. Ask Him to remind us when 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. Include, “What may I have contributed to this situation?” 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.