

Intro

- We're going to look at the passage of Ephesians 4:26-28
- Any emotion that is not properly handled can give the enemy a foothold
- v32 is our highlight text: ***Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.***
- When we read this, it's beautiful, right? It's easy to read and preach, but in practice can be hard to do.
- It's the type of thing, that's nice to put on Instagram and on a wall.
- When you start to attach names & stories it truly doesn't apply to ME.
- Are you telling me I need to apply this to my boss, my best friend who betrayed me, my abusive relative, my ex, my history, my myself? When we go from general to specific, it becomes serious.

Question

This was written by Apostle Paul. It's one thing to write about this, but it's another to live it out and practice. Did Paul actually live this out and what can we learn from his life?

We're going to 2nd Timothy, where Paul writes about some hurts he's experienced. Now, Paul has written many letters in the NT. Some to churches and some to leaders. For example, Ephesians is the letter he wrote to the church in Ephesus, who's the leader there? Timothy. 2nd Timothy is a letter to his spiritual son Timothy. So we see how Paul deals with hurt in the place where Timothy is.

Key passage: 2 Timothy 4:14-18

2 Tim 4:14 - Alexander the coppersmith did me much harm.

What did he do? He doesn't say. But he's hurt Paul. He's gone through this. And we're going to look at what he did to glean from wisdom on this topic.

1st observation: Acknowledge your hurt

We can't forgive without even acknowledging it. Sometimes we can go through life, having experienced some really deep wounds (which aren't visible), but never even bring them out to light. We carry all of this like a bag. So we see you, all good & well. But deep inside, we're

walking around with scars, and this wound continues to grow (kitten illustration). Pretending that it's not happened. (trip & fall illustration)

Bad Root, Bad Fruit

Jesus said in Mat 7:17 Even so, every good tree bears good fruit, but a bad tree bears bad fruit.

Mat 7:20 Therefore by their fruits you will know them. If the issue is not solved, the fruit will show it. If we do not address the root, the infection will spread. (Eg: Toothache or Fever)

Just like how Paul is writing about his hurt to his son in the faith, we gotta acknowledge and bring our hurts before God and others close to us.

2nd observation: Release my right to get even

Notice, that he immediately releases this to God. There is something within us that wants us to get even with the person. Only when the person feels what I feel, is when I will forgive. Well, that's revenge! Romans 12:19 — Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, "Vengeance is Mine, I will repay," says the Lord.

So after acknowledging it, he releases it to God.

3rd observation: Set guardrails

v15 Paul doesn't neglect this person as if this guy can't hurt him, but instead, going forward, he protects his heart and tells his son in the faith, that going forward, there needs to be some guardrails.

Boundaries are necessary when it comes to hurt.

When there's nobody to lean on

v16 — another example. At this moment, nobody shows up. He needs somebody to lean on, but nobody is there. Some of us have gone through this or even going through this. Now, this is a different kind of hurt.

May it not be counted against them. He immediately releases it, i.e. forgives them.

Our Response & Challenge

But the Lord stood with me and gave me strength...

4th observation: Remember God is standing with you

v17-18: He worships God. Meaning God is right there with us when we feel our hurt.

Some of us are going through this right now, the wound is fresh, but I want to tell you, that God is right there.

You think God doesn't understand what it means to be hurt, or accused. Please, Jesus was betrayed with a kiss. From his own. So God is standing right here with you.

Let's challenge ourselves

Jesus said this in Luke 6:28 — Bless those who curse you. Pray for those who hurt you.

It seems impossible! And yet, there is power when we forgive.

Stephen in his last breath said this in Acts 7:60 — Then he fell on his knees and cried out, "Lord, do not hold this sin against them." When he had said this, he fell asleep.

And I want to challenge us as young people, that we would take sometime to pray & bless the people that resent us.

If you have hurt someone

Write down the people in our lives, and we're going to pray, bless, release & worship God.