

A collage of circular portraits of diverse people, with a torn paper effect revealing the title "LIFE HURT GOD HEALS" and three biblical verses.

LIFE HURT GOD HEALS

Pain is EVERYWHERE and it HURTS

I am worn out with pain; every night my pillow is wet with tears. Psalm 6:6

The churning inside me never stops; days of suffering confront me. Job 30:27

I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world." John 16:33

LIFE HURT GOD HEALS

Pain keeps me from living life
TO ITS FULLEST

The thief's purpose is to steal and kill and destroy. My purpose is to give life in all its fullness. John 10:10

LIFE HURT GOD HEALS

On my own, I can do **VERY LITTLE**
about my pain

I don't understand myself at all, for I really want to do what is right, but I can't. I do what I don't want to-what I hate. I know perfectly well that what I am doing is wrong, and my bad conscience proves that I agree with these laws I am breaking. But I can't help myself because I'm no longer doing it. It is sin inside me that is stronger than I am that makes me do these evil things. Romans 7:15-17



G.O.D. H.E.A.L.S.

Step 1: Get help... admit you're **NOT GOD!**

God blesses those who realize their need for him, for the Kingdom of Heaven is given to them. Matt 5:3



GET HELP ADMIT I AM NOT GOD

Stop **DENYING YOUR PAIN**

Stop lying to each other; tell the truth, for we are parts of each other and when we lie to each other we are hurting ourselves. Ephesians 4:25



GET HELP ADMIT I AM NOT GOD

Stop PLAYING GOD

And so God can always point to us as examples of the incredible wealth of his favor and kindness toward us, as shown in all he has done for us through Christ Jesus. God saved you by his special favor when you believed. And you can't take credit for this; it is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it. Ephesians 2:7-9



GET HELP ADMIT I AM NOT GOD

Start admitting you don't have the power to CHANGE YOURSELF

We felt we were doomed to die and saw how powerless we were to help ourselves; but that was good, for then we put everything into the hands of God, who alone could save us, for he can even raise the dead. 2 Corinthians 1:9

For nothing is impossible with God. Luke 1:37

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ONE LAST THOUGHT

One area of your life that you can control is how much you **GIVE UP** control of your life. When you're ready to get help, you're ready to begin God's **HEALING PROCESS**.