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Today's Word for You
The Bible Society in Australia Inc.
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- For Better or for Worse
 Getting the Family Back on Track
 When a Loved One is Ill
 Raising Kids God's Way
 A Big Decision
 Gone From Sight
 Overcoming the Hurt

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OVERCOMING THE HURT



Today's word for you

What do you do when you have a loved one, a family member or a friend who is, or has been, abusing others around them including you?

It does not matter whether the abuse is verbal, physical, or sexual, the outcome is the same: you are hurt – deeply hurt.

Whatever you think of the Bible, one thing about it is certain – it has stood the test of time. Its wisdom and directions for life have given hope and comfort to millions of people around the world.

This is what the Bible has to say about your situation.

It is important to understand that God knows your situation and will not let you be overcome.

You have looked deep into my heart, LORD,
and you know all about me.
You know when I am resting
or when I am working,
and from heaven
you discover my thoughts.

You notice everything I do
and everywhere I go.
Before I even speak a word,
you know what I will say,
and with your powerful arm

you protect me
from every side.¹

Rescue me from cruel
and violent enemies, LORD!
They think up evil plans
and always cause trouble.
Their words bite deep
like the poisonous fangs
of a snake.

Protect me, LORD, from cruel
and brutal enemies,
who want to destroy me.
Those proud people have hidden
traps and nets
to catch me as I walk.

You, LORD, are my God!
Please listen to my prayer.
You have the power to save me,
and you keep me safe
in every battle.²

Remember God loves you and will never forget you. He does not want you to be hurt. He will always protect you.

If you obey the LORD
he will watch over you
and answer your prayers.
But God despises evil people,
and he will wipe them all
from the earth,
till they are forgotten.
When his people pray for help,



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This leaflet features several selections from the Contemporary English Version of the Bible (CEV), an easy-to-read modern translation. Why not continue reading in your own Bible? Modern translations are available from Bible Society bookshops or from your local book store.

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he listens and rescues them
from their troubles.
The LORD is there to rescue
all who are discouraged
and have given up hope.³

**God's son, Jesus,
knows your suffering.**

Like a young plant or a root
that sprouts in dry ground,
the servant grew up
in the sight of the LORD.
He wasn't some handsome king.
Nothing about the way he looked
made him attractive to us.
He was hated and rejected;
his life was filled with sorrow
and terrible suffering.
No one wanted to look at him.
We hated him and said,
"He is a nobody!"

He suffered and endured
great pain for us,
but we thought his suffering
was punishment from God.
He was wounded and crushed
because of our sins;
by taking our punishment,
he made us completely well.
All of us were like sheep
that had wandered off,
We had gone our own way,
but the LORD gave him
the punishment we deserved.⁴

Jesus also experienced shame.

Such a large crowd of witnesses is all
around us! So we must get rid of
everything that slows us down,
especially the sin that just won't let
go. And we must be determined to
run the race that is ahead of us. We
must keep our eyes on Jesus, who
leads us and makes our faith
complete. He endured the shame of
being nailed to a cross, because he
knew that later on he would be glad
he did. Now he is seated at the right
side of God's throne! So keep your
mind on Jesus, who put up with
many insults from sinners. Then you
won't get discouraged and give up.⁵

**It is important that you take the next
step by seeking help – firstly from
God and then from others you know
and can trust.**

Notes:

1. Psalm 139:1-5
2. Psalm 140:1-7
3. Psalm 34:15-18
4. Isaiah 53:2-6
5. Hebrews 12:1-3

