

The background is a vibrant blue with various white decorative elements. In the top left, there are concentric white circles. In the middle left, there are overlapping white wireframe spheres. The bottom half of the image features several horizontal, wavy bands of different shades of blue and green, with white dashed lines tracing paths across them. A white dove icon is positioned to the right of the main text.

**“Where to Get Help
When You Hurt”**

Hebrews 11:6

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“Anyone who comes to God must believe that He exists and that He rewards those who seek Him.”

**God uses three denial busters to
get our attention:**

1. Pain – Crisis

2. Confrontation

3. Catastrophe




We must admit that there is an answer and the answer is God.

**I. Acknowledge God's
Existence**

A. Most people believe God exists. (Rom. 1:20, Ps. 14:1)

Romans 1:20

“For since the creation of the world God's invisible qualities—His eternal power and divine nature—have been clearly seen, being understood from what has been made, so that men are without excuse.”



Psalms 14:1

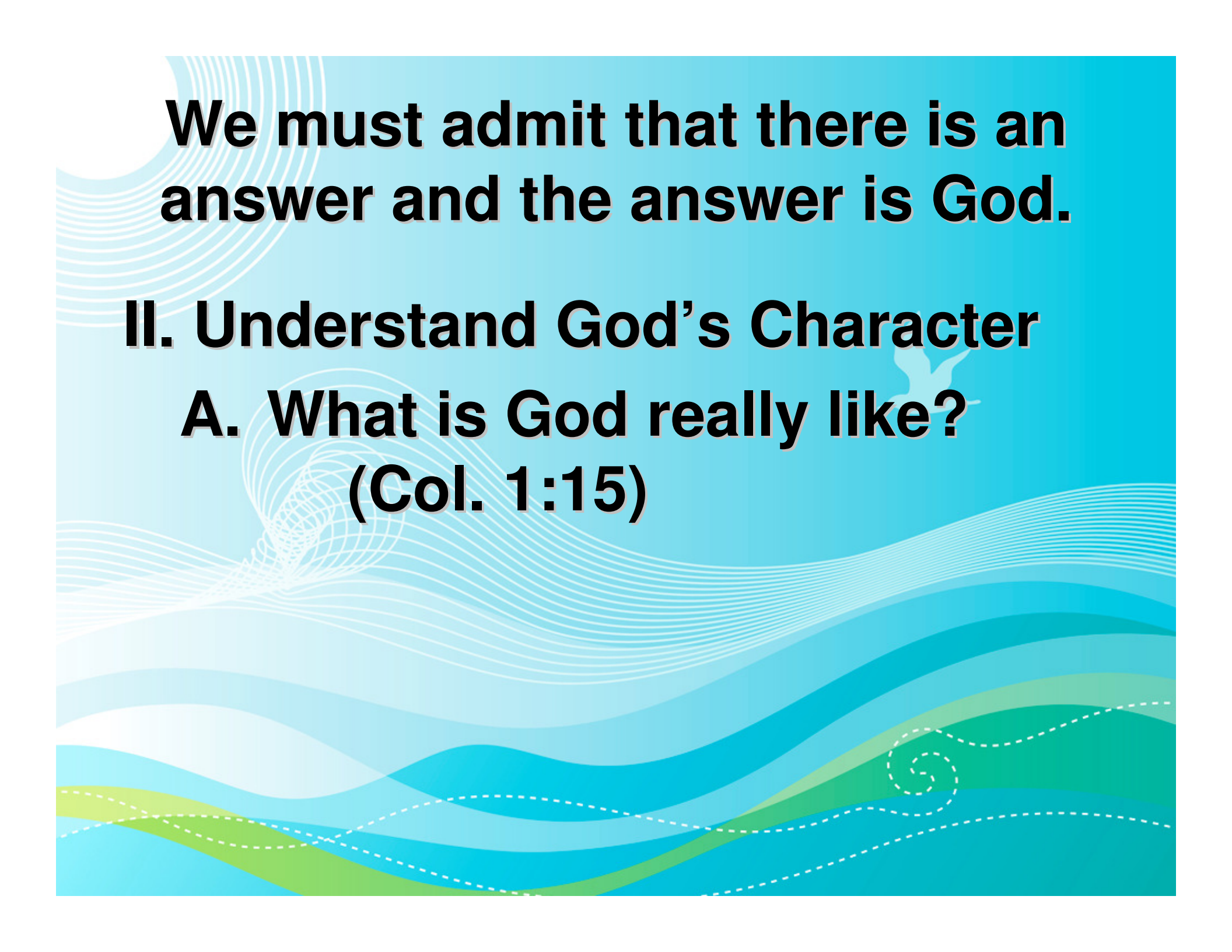
“The fool says in his heart, ‘There is no God.’ They are corrupt, their deeds are vile; there is no one who does good.”

We must admit that there is an answer and the answer is God.

I. Acknowledge God's Existence

A. Most people believe God exists. (Rom. 1:20, Ps. 14:1)

B. Because God exists, He changes lives.

The background features a light blue gradient with white wavy lines and a white dove in flight. The text is centered and reads:

We must admit that there is an answer and the answer is God.

II. Understand God's Character

**A. What is God really like?
(Col. 1:15)**

Colossians 1:15

“He is the image of the invisible God, the firstborn over all creation.”



We must admit that there is an answer and the answer is God.

II. Understand God's Character

**A. What is God really like?
(Col. 1:15)**

**B. What do I need to know
about God that will help
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B. What do I need to know about God that will help me recover from my hurts, habits and hang-ups?

1. God knows all about my situation. (Ps. 56, Ps. 31:7, Ps. 69:5)

Psalms 31:7

**“I will be glad and rejoice
in your love, for You saw
my affliction and knew
the anguish of my soul.”**

Psalm 69:5


**“You know my folly, O
God; my guilt is not
hidden from You.”**

B. What do I need to know about God that will help me recover from my hurts, habits and hang-ups?

- 1. God knows all about my situation. (Ps. 56, Ps. 31:7, Ps. 69:5)**
- 2. God cares about my situation. (Ps. 103:13)**

Psalms 103:13

“As a father has compassion on his children, so the LORD has compassion on those who fear Him.”



B. What do I need to know about God that will help me recover from my hurts, habits and hang-ups?

- 1. God knows all about my situation. (Ps. 56, Ps. 31:7, Ps. 69:5)**
- 2. God cares about my situation. (Ps. 103:13)**
- 3. God can change me and my situation. (Eph. 1:20)**

Ephesians 1:20

“which he exerted in Christ when he raised him from the dead and seated him at his right hand in the heavenly realms,”

We must admit that there is an answer and the answer is God.

III. Accept God's Offer to Help (Phil. 2:13)



Philippians 2:13

“For it is God who works in you to will and to act according to His good purpose.”

We must admit that there is an answer and the answer is God.

III. Accept God's Offer to Help (Phil. 2:13)

A. We need more than will power.

B. What will happen when I open my life to God's power?

C. How do I plug into God's power? (Isa. 43:1-3)

Isaiah 43:1-3

“But now, this is what the LORD says— He who created you, O Jacob, He who formed you, O Israel: ‘Fear not, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you...

Isaiah 43:1-3

**...When you walk through the fire,
you will not be burned; the
flames will not set you ablaze.
For I am the LORD, your God, the
Holy One of Israel, your Savior; I
give Egypt for your ransom,
Cush and Seba in your stead.””**

“Where to Get Help When You Hurt”

