



Secrets

(You don't have to live in the dark)

Lesson 5: Secret Pain

August 29 & 30

Secret Pain

Hebrews 12:14 Make every effort to **live in peace with everyone...** ***15*** See to it that no one falls short of the grace of God and that **no bitter root grows up to cause trouble and defile many.** *New International Version*

The Fruit of Bitterness

- Critical Spirit
- Hypersensitivity
- Ungrateful attitude
- Hold grudges

"When we don't forgive, it's like drinking poison and expecting someone else to die"

Forgiven people can forgive people

Colossians 3:13 Be even-tempered, content with second place, **quick to forgive** an offense. **Forgive as quickly and completely as the Master forgave you.** *The Message Bible*

Closed – They apologize for what they did

Usually end up being closer friends

Opened – They won't apologize for what they did

Won't be able to continue a friendship

What closed forgiveness looks like

Luke 17:3 So watch yourselves. "If your brother sins, rebuke him, and **if he repents**, forgive him. **4** If he sins against you seven times in a day, and seven times comes back to you and says, '**I repent**,' forgive him." ***New International Version***

What open forgiveness looks like

Romans 12:18 Do all that you can to live in peace with everyone. **19** Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; **I will pay them back**," says the LORD. ***New Living Translation-SE***

Don't share the wrong done

1 Peter 4:8 Most important of all, continue to show deep love for each other, for **love covers** a multitude of sins. ***New Living Translation-SE***

Pray for them

Matthew 5:43 "You have heard the law that says, 'Love your neighbor' and hate your enemy. **44** But I say, love your enemies! **Pray for** those who persecute you! ***New Living Translation-SE***

Bless them

Luke 6:27 "But I tell you who hear me: Love your enemies, do good to those who hate you, **28 bless** those who curse you, pray for those who mistreat you. ***New International Version***

1 Peter 3:8 Summing up: Be agreeable, be sympathetic, be loving, be compassionate, be humble. **9** That goes for all of you, no exceptions. No retaliation. No sharp-tongued sarcasm. Instead, bless - **that's your job, to bless**. You'll be a blessing and also get a blessing. ***Message Translation***

The Bible way to bless a person

Numbers 6:23 "Tell Aaron and his sons, this is how you are to bless the People of Israel. Say to them, **24** GOD bless you and keep you, **25** GOD smile on you and gift you, **26** GOD look you full in the face and make you prosper. **27** In so doing, they will place my name on the People of Israel - I will confirm it by blessing them." ***Message Translation***

Lord I ask you to bring _____ to a place where they see Jesus as savior and fully submit to Him.

Bless, protect, guard, and keep them in every area of their life.
May your grace, kindness, mercy, favor and prosperity come upon them and flood their life!

Lord, pay attention to them and bring peace to every area of their life.

May they become a light to your glory and name! Thank you for filling me with your love for them!