Going & Growing, Writing & Speaking through the Hurts

1. Don’t distance yourself from the Lord.
   1 Peter 5:8-9; Jeremiah 29:12-13; 1 Peter 5:7

2. Refuse to focus on the negatives and dwell in the “land of regret” and “if only.”
   Philippians 4:8; 2 Corinthians 4:8-9; Philippians 4:6-7; Amos 4:13

3. Be still and know . . .
   Psalm 46:10; Romans 8:35-39; Isaiah 26:3-4

4. Seek prayer support and counsel of Christian friends and, if needed, professionals.
   Galatians 6:2; James 5:16

5. Search for the truth that will set you free.
   John 8:32; Revelation 12:11; Zephaniah 3:17

6. Hang on to His promises.
   2 Timothy 2:13; Romans 8:28; Isaiah 28:16; Psalm 147:3; Jeremiah 29:11

7. Ask, “Lord, what are You trying to teach me?” and how can You use me and my experiences to help others?
   2 Corinthians 12:8-10; Psalm 40:1-3

☞ Write/speak what you’ve learned in the crucible of your life experiences.
   2 Corinthians 1:3-7; 1 Corinthians 15:58

☞ Be real – open, honest, vulnerable. Romans 7:15

☞ Don’t write/speak too soon. Romans 8:1-2; Habakkuk 2:1

☞ Write/speak His answer; not pat answers. Habakkuk 2:2; Ezekiel 3:10-11

☞ Write/speak with love. 1 Corinthians 13

☞ Write/speak with sensitivity. Don’t preach or lay guilt trips. Encourage; give hope. 1 Thessalonians 5:11; Isaiah 49:15

☞ Be prepare for testing. Isaiah 30:21

☞ Keep growing in the Lord and trusting Him. John 15:4; Proverbs 3:5-6

☞ Commit your ministry to the Lord. Psalm 37:5; Ephesians 3:20

Write my answer on a billboard, large and clear, so that anyone can read it at a glance and rush to tell the others. —Habakkuk 2:2 TLB