

In concluding this initial discussion be sure to remember our initial observation: it is hard to deal with the things that hurt if one does not have the right advice and medicine along with the proper help. We get all of these from the proper spiritual balance..the right foundation... begun with saving trust in the Lord Jesus and continued with a commitment to the Word of God.

III. The Hurt of the Troubled Heart

Proverbs 4:23 ff

No, we are not going into the lovelorn section of life but the truth is that much of the domestic hurt is in the area of heart. By heart we mean the inner, emotional person. In this session we will first of all mention briefly what some of the hurts of heart are...and then we will divide the group and discuss how these hurts are dealt with. You may discover that our approach is somewhat backwards...but that is par for our course.

A. The Hurts of the Heart

1. Infidelity 7:6 ff
2. Aggravations 17:1
3. Rejection ( a second cousin to infidelity) 9:13 ff 15:20
4. Loneliness (no negative text, the positive text is 31:11, 23)
5. And you may want to supply some others.

I will not discuss these at great length (although it might seem like great length) Our discussion period...or whatever it turns out to be will look at some truths regarding them and the hope is that we can then apply them to these and other areas. I suppose fundamental to the whole discussion is our willingness to be honest about the hurts and the consequences thereof.

B. Dealing with the hurts of the heart

1. Keep the heart with diligence for.....4:23
  - Why are the issues of life from the heart?
  - How do we keep it? (3:5-6)
  - How do we abuse our emotions?
  - How does selfishness upset the heart?
  - Jeremiah tells us the heart is deceitful (17:9). What does this tell us about our ability to keep it?