

Walk in the Light

Hurts and Pains

Every Church has them

Every congregation experiences these

We are living together

Often the only interest we share is our faith in Jesus Christ

David C: we probably would not know each other as we do not have other shared interests

So we are a community together

Hold by Jesus Christ and our love for him

But we may have hurt each other

What I think is not offensive you may find deeply offensive

"Touch each others buttons"

Are own life experience

Existing hurts and pains

Not visible to others

But we hurt if someone acts in a similar way

We love each other

So the hurt is more deeply felt

Can be a sense of betrayal

Easier to accept from strangers/colleagues

But we are family

Need to keep short accounts

Need for forgiving each other

Need for forgiving ourselves

Quickly

As a wound that is not treated will fester

Jesus Heals

So what if you are hurt and in pain?

Or have hidden this hurt and pain away

In our subconscious

In order to cope, people forget

push things under

Don't think about it

Time is a healer

But this hides things in the dark

- Jesus heals by bringing things to the light

1 John 1:5-10

Light & Dark

God is light, in him is no darkness at all (v5)

if we claim to have fellowship with him yet we walk in darkness, we lie and do not live by truth

We may live in the light

But we may have hidden things for ourselves

And that part of our life is in darkness

But Jesus knows

And he invites you to face those darknesses

And let him heal you

Walk in the light (v7)

Fellowship with each other

Blood of Jesus purifies us from all sin

Jesus does not want us to have parts of our lives in darkness

Guilt, shame, embarrassment, resentment

Or even 'deemed not important enough

Sin

If we claim to be without sin - we deceive ourselves

Church is not a community of perfect people

But of a broken people

Who recognise that they are broken

Who recognise that they need Jesus

In the process of being restored by Jesus

if we confess our sins

Argh!

Who would want to know what I have done!

Or who would want to know what has been done to me!

Jesus forgives us our sins

And purifies us from all unrighteousness (v9)

Repeat (v10)

If we claim we have not sinned, we make him (Jesus) out to be a liar and his word has no place in our lives!

Wow - strong words

John does not mince his words!

But recognises the reality of life - we sin and are sinned against!

Sin and sinned against

But what if someone has hurt or wronged you?

Therefore I have not sinned?

And I do not need to ask for forgiveness?

Q1. Have you forgiven the person who wronged or hurt you?

Q2. Have we 'returned in kind'?

How have we responded to hurt/wrong

Instinctively by returning the favour

or if we have constrained ourselves

by withholding our love and friendship?

As it still weighs on our minds

And it still influences our lives

Forgiveness is given - trust is earned

Q3. Do we really not also need to be forgiven too?

Jesus restores

Isa 40:28-31

God does not grow tired or weary

even if we have grown tired and weary

Of ourselves

Of what is bothering us

He gives strength to the weary

He gives power to the weak

young people get tired too!

We all need God for restoration

soaring on eagles wings

running without becoming tired

walking the distance without losing our energy

Supernatural restoration

Rest by bringing to God what makes us tired

And give it to him

so he can restore us

Matthew 11:28-30

28 "Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light."

Are we weary and burdened?

By what?

Too much work?

Or too much hurts and pains that we carry with us

Guilt, shame, embarrassment, resentment

You will find rest of your souls

Yoke and burden are light

because we do not need to carry

Our hurts, pains and unforgivenesses

We can be free of those

Ministry time

Three areas

Destruction of hurts and pains

Opportunity to write down former hurts and pains and give it to Jesus

Bowl with red water - washed away by the blood of Jesus

Prayer for healing and restoration

Sue and Hugh

Washing of hands

As a sign of forgiveness of sins

Prayer for the forgiveness of sins

Peter and Patricia

Anointing with oil

Restoration and commissioning

Praying for re-infilling of the Holy Spirit

Praying to live 'free of sin' and short accounts

Optional

This is confidential

But you may not want to speak out what you need to bring into the light

As this is still a public place

However, God may have put things on your heart to bring in the open

Offering of time of personal and confidential prayer ministry by B&A

After singing the next song

Time of reflection and prayer

you can move about if you want too

and come to the areas when you are ready

You may only need to come to one - or you may need to do all

It is up to you! and to what Jess calls you to do!