

Hurting and Healing

Thou tel/est my
wanderings: put thou
my tears into thy
bottle: are they not in
thy book?

(Psalm 56:8)



Patti R. Williams, D. Min.

HURTING AND HEALING



*Thou tellest
my wanderings:
put thou my tears
into thy bottle:
are they not in thy
book?*

(Psalm 56:8)

BY
Patricia R. Williams, D.Min.

Copyright © 2020 by Patricia R. Williams, D.Min.
February 2020

ISBN: 978-1-7344467-2-2

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording, or any information storage and retrieval system, without permission from the copyright owner, Patricia R. Williams, in writing, except for fair use.

All Bible quotations are from the Word of God the Authorized Version (the King James Bible).

Published in the United States of America

By

The Old Paths Publications
www.theoldpathspublications.com
TOP@theoldpathspublications.com

CONTENTS

CONTENTS	3
PREFACE	5
CHAPTER ONE: HURT	9
<i>This chapter evolves from my personal experience and understanding as to why we get hurt.</i>	
CHAPTER TWO: REJECTION	17
This chapter addresses rejection and how we can handle it in a mature fashion	
CHAPTER THREE: CRITICISM	43
This chapter discusses criticism (including its different forms), why it is given, and how we can manage its contents.	
CHAPTER FOUR: ROOTS	59
This chapter reflects upon our upbringing and background and how it plays and intricate role in our relationships and self-confidence.	
CHAPTER FIVE: SEPARATION	73
This chapter involves and in-depth look with regard to separation; it may be attributed to death, divorce, or emotional duress. After our hearts have been filled with pain following separation, the initial healing process begins with the attainment of a humble spirit as we come before God.	
CHAPTER SIX: EXPECTATION	97
We are hurt more by our expectations of others than what others actually do to us. This is attributed to the perfectionist attitude.	
CHAPTER SEVEN: FAILURE	109
This chapter examines failure, which in essence is Faith in reverse. One must learn to not blame others for one's own mistakes or misfortune.	
CONCLUSION	117
REFERENCES	119
ABOUT THE AUTHOR	121

SAMPLE

PAGES

PREFACE

Every person who walks through this life will have **HURT** and **PAIN**.

The question is not so much how to avoid hurts, they are inevitable. The question is simply, how do I handle the hurts that come my way in life?

Do I allow these hurts to cause broken relationships or do I overcome them? This little book seeks to point out these matters in illustrations from real life situations so you and I can draw from other sources enough resources and insights to enable us to **overcome**. The words of Jesus are still true,

*"These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have **overcome** the world." (John 16:33).*

SAMPLE

PAGES

It Takes The Bitter and The Sweet to Make a Life Full and Complete

Life is a mixture
of sunshine and rain,

Laughter and teardrops,
pleasure and pain-

Low tides and high tides,
mountains and plains,

Triumphs, defeats
and losses and gains-

But always in all ways
god's guiding and leading

And He alone knows
the things we're most needing-

And when He sends sorrow
or some dreaded affliction,

Be assured that it comes
with God's kind benediction-

And if we accept it
as a gift of His love,

We'll be showered with blessings
from Our Father above.

Helen Steiner Rice, Someone Cares, (Fleming H. Revell Co.) Reprinted with permission.

SAMPLE

PAGES

CHAPTER ONE

HURT

Though He Slay Me (Job 13:15)

This chapter evolves from my personal experience and understanding as to why we get hurt.

As I sat in the big overstuffed rocker, my hands felt cold and clammy. I was in a state of shock and shivered incessantly—the chills going through me. It was a hot, 88 degrees in South Florida, yet I sat there, so cold, so numb. As I clutched at an afghan and pulled it around me, my head pounded and I cried desperately. I wanted to pray, but all I could do was repeat over and over, "Oh, God! Oh, God!" I couldn't concentrate on any other words.

It had all started that morning after I had finished making the bed and doing the breakfast dishes. The telephone rang and one of the members of our church needed some information about a meeting that was taking place at the church that evening. We were talking together when the back door opened and my husband, Page, came in. I wondered why he was home so soon. He had just left for work. As I talked, I watched, puzzled, as he locked the back door, then went around closing the drapes. Finally, he

motioned for me to end my conversation. Quickly, I excused myself, hurried into the family room, and sat in the rocker, waiting. Obviously, something was dreadfully wrong.

As Page began talking, I suddenly felt sick. He had been under immense emotional stress because of difficulties in the church he was pastoring. As he poured out his heart, I discovered the church wasn't the problem. Instead, he said he hadn't been honest with me through the years of our marriage. He began telling me what was wrong with me, how he hated me, and all the appalling things he had done to embarrass me. On and on he went, saying how he felt about me and our marriage. He admitted he had always been afraid of me. It was as though a volcano had erupted. There was no stopping it until all the hot, suppressed, and twisted thoughts and emotions had gushed out.

I couldn't believe what I was hearing. If anyone had asked me, I would have said that we had an "outstanding" marriage. I knew I loved Page, even worshipped him. I believe I would have given my life for him. I had done everything I could think of to make him happy.

I am talented, attractive, and well educated. I could have had a career of my own, but when I married Page, I gave up my desires of having my own business life. My desires were simply to be his wife and to undergird him.

Now, I felt that my whole life was gone. Page was my **life!** By the time he had spewed out the

venom of his soul, it was close to noon. I began asking Page many questions, trying to find some answers, hoping it was just a grievous nightmare, and wishing I might wake up suddenly and all would be well. I did wake up, but to a reality. I woke up to an awareness that the man I had joined with in "holy wedlock" had not loved me! He had used me to bolster his own ego. My mind began to go back over our life together. Even after remembering about the gruesome headaches I experienced so many times because of his unkind treatment of me (except in front of family and others), I couldn't bring myself to admit that he didn't love me. I'm sure it must have been my "pride" more than anything else that hurt at that moment. Nevertheless, the hurt went deep, deep, cutting caustically into my heart. Even years later, the "scar tissue" lingers in the labyrinth of my mind.

There is an emotional scar tissue similar to physical scar tissue, like when one cuts one's finger. With time, healing takes place, the pain goes away, but the scar remains and is often sensitive to various stimuli. In an emotional hurt, the pain also eventually goes away with the passing of time. However, the scar tissue of the soul remains and is sensitive to what is called, "bad associations."

Communication with Page was very difficult at this point. With considerable struggle, I asked him what he wanted to do. Did he want a divorce? He decisively did not want a divorce. "You are my main stability," he confessed. "Could you help me? Would you help me?" he pleaded. I had mixed emotions,

to say the least. He had **hurt** me and I wanted out—out of his life. On the other hand, I did feel sorry for him, so my compassion for him won out.

We began the long road back to recovery. It was necessary for my husband to admit to his emotional instability and lack of self-worth. During this recovery period, my heart deeply HURT. I found myself being supersensitive. Page had been off-base on his assumptions about me and had tried to superimpose his thoughts on me. I felt completely stripped of my personhood. I then began to wonder who I was. I lacked self-confidence for the first time in my life. I had no desire or ambition in any area of my life, except to have a better relationship with God. At the time, we were pastoring a small church, and I felt all the more the criticisms that the people imposed upon me. They did not know what was going on in our personal life. I vowed it would be God and me all the way. I didn't tell my family or any close friends about our troubles. It was God and me.

As Page and I began putting God as the head of our home, we began our relationship over. Page became a new and different man. He became the man I had in mind when I married him. Page's own story about his road to recovery is written and published in a book he wrote, entitled, X-RATED MARRIAGES. (The book is now titled, I DID MYSELF A FAVOR: I LOVED MY WIFE!)

I share this experience with you, not to talk about my marriage. The reader can learn to

understand why I feel we need to handle **HURT** in a positive way. I feel my hurt has been through death—the death of the man I married and his new life in Christ. I have been through rejection and criticism, separation, and emotional and mental pain. I experienced a broken heart and broken relationships and failure. Thanks be to God, He has taught me how to overcome this hurt and pain. On the following pages, I share with the reader some of my own experiences on this subject. I also tell about experiences of other people with whom I have associated in some aspect of my life.

Many years ago, there was a popular song sung around the country entitled, "What the World Needs Now Is Love, Sweet Love." I agree. The question I keep asking is this, "What is Love?"

God is Love! Without God there is no love. Therefore, if a person does not have a personal relationship with God (not only to believe in, but to live by His Word and by communication with Him through prayer), one CANNOT love. Some people have an intellectual assent to God, but do not have this personal relationship with Him that I am talking about. As the personal relationship with God grows, we become more mature in our love and more understanding of what real love is all about. According to the Bible, love is a command. Jesus says,

"These things I command you, that ye love one another" (John 15:17 KJV).

Today we talk more about "feelings." We say, "I don't feel love." This is true, and yet, this

HURTING AND HEALING

love we are commanded by God to give is more than a feeling. It is a mental attitude. You can choose to love or choose not to love. Most of us are selfish and choose to "be loved." Now, you may ask, what does all of this have to do with **HURT**? Just this; we assume that people love us. They are our parents, they should love us. He is my husband, he should love me. My family is supposed to love me. This is my best friend, he should love me. I believe we are prone to assume that because a person is our relative or friend that he is going to love us. Yet we seldom consider people's "capacity" to love.

If one does not have a personal relationship with God, one cannot love, certainly not the agape (love) which Christ came to demonstrate in His life. He commanded us to do the same. So, it will help us to understand hurt if we begin by realizing that everyone does not know how to love as Christ has commanded. Consequently, even family and friends will hurt us at one time or another, causing us to suffer anguish and pain. People who are jealous of us or uncommunicative to us will inflict a wound on our heart. This will be with less intensity when we realize that it is their problem and not a personality flaw within ourselves.

On the other hand, the problem of hurt may be because of ourselves. Whenever we are touchy and supersensitive, we tend to interpret what another person says or does as a lack of love.

It is necessary for us to learn to manage our hurts if we want our relationships to grow. Growing is PAINFUL.

CHAPTER 1: HURT

The question is not how to avoid hurt, but rather how to neutralize hurt to become our help. The next time you are hurt, begin to analyze it. Check your attitudes about the situation. Why did that person do that to me? Why do I feel hurt? Try to see beyond your situation. Ask yourself, "Am I supersensitive?" This brings to mind the story of the woman whose husband wanted to take her to a football game at his ol' alma mater. She kept telling him that she didn't want to go. Finally, when he insisted that she tell him why, this was her reply: "every time those football players get together in that huddle, I just know they're talking about me."¹

Now that is what I mean by being supersensitive! It is reading into the words and thoughts and actions of others that are actually not theirs but our own misconstrued thoughts.

If you are not supersensitive, then think about the person who hurt you. Is she *angry* with you, jealous of you, or does she have some personality quirk? As you analyze the situation of your hurt, it is important to pray and ask God's guidance for the right thoughts you should have concerning the hurt. Your prayer might have thoughts like the following:

O, Father in Heaven, my best friend just said some cutting remarks to me. I don't think I have done anything that I know of to cause such

¹ S.I. McMillen, M.D., *None Of These Diseases* (Old Tappan: Fleming H. Revell Company, 1979), p.67.

HURTING AND HEALING

remarks. If I have, and am unaware of it, then please reveal to me what I have done. If, Father, on the other hand, she has a problem coping with my success and it is her problem, then show me this too. If I am being oversensitive, forgive me and cleanse me. If it is her problem, then teach me how to help her and confront her with the anger she is showing toward me. I choose to forgive her, Father, for these cutting remarks, in the Name of Jesus I pray. Amen.

When these pangs of hurt come your way, the most soothing medicine available is to forgive the person for the hurt. Ask God's forgiveness for your own angry thoughts and ask for God to give you the power to keep your mind off the incident. Many people I have talked with indicate to me that they lay awake all hours of the night thinking of ways to get even, or of what they wished they had said during the situation. But after you have really forgiven, then comes release—release from the information and then the healing of your soul. After reading the following pages of examples of hurt and pain, my prayer IS that you will overcome the hurts in your life and the wounds and broken relationships will be permanently healed.