

“The Science of Hurt”

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The “F-Word”:

Genesis 50:15-21—“When Joseph’s brothers saw that their father was dead, they said, “What if Joseph holds a grudge against us and pays us back for all the wrongs we did to him?” ¹⁶So they sent word to Joseph, saying, “Your father left these instructions before he died: ¹⁷‘This is what you are to say to Joseph: I ask you to forgive your brothers the sins and the wrongs they committed in treating you so badly.’ Now please forgive the sins of the servants of the God of your father.” When their message came to him, Joseph wept.

¹⁸His brothers then came and threw themselves down before him. “We are your slaves,” they said.

¹⁹But Joseph said to them, “Don’t be afraid. Am I in the place of God? ²⁰You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives. ²¹So then, don’t be afraid. I will provide for you and your children.” And he reassured them and spoke kindly to them.”

• Bitterness can destroy your life:

Ephesians 4:31-32—“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³²Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Proverbs 17:9—“Whoever would foster love covers over an offense, but whoever repeats the matter separates close friends.”

• Forgiveness brings freedom:

Luke 6:37—“Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.”

Matthew 6:11-12—“Give us today our daily bread. ¹²And forgive us our debts, as we also have forgiven our debtors.

- **The Father guides us to forgiveness:**

Colossians 3:13 – “Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”

(Reference: Hebrews 12:24; Matthew 18:21-22; Romans 12:19)

- **Forgiveness is a rare and precious gift for both sides:**

Luke 23:34—“Jesus said, “Father, forgive them, for they do not know what they are doing. . .”

Who have you not forgiven?

How can you start the process of forgiveness?