

Is God to Blame for My Hurt?

- God created everything to be good (**Genesis 1:4; 1:10; 1:12; 1:18**).
 - God made mankind after His own image and likeness (**Genesis 1:26-27; 2:7**).
 - Adam and Eve lived in a perfect environment where the concept of hurt did not even exist (**Genesis 1:27-31**).
- God does not have thoughts of evil toward us but only plans for good (**Jeremiah 29:11**).
- God has promised to “work all things together for good” if we love and trust Him (**Romans 8:28**).

Where Did Hurt Originate?

- Hurt, pain, suffering, and distress were brought into existence when Adam and Eve sinned. After they disobeyed God, they began to experience guilt, shame, and fear (**Genesis 3:6-9**).
- Because of Adam and Eve’s disobedience, they were cast out of their perfect environment and into an environment where they would now have to experience labor, pain, and even death (**Genesis 3:16-18; 3:22-23; Romans 5:12**).

How Should We View Hurt Today?

- Due to the consequences of sin, we no longer live in the perfect world God originally created. Sometimes bad things happen to good people and vice versa (**Matthew 5:45**).
- Sometimes our hurt will be due to something we have caused ourselves; in that case we should repent of what we have done (**Jonah 1:3, 17; 2:1; Psalm 51:9-10**).
- Hurt can be caused due to trespasses others have done against us; in this case we should forgive them (**Matthew 6:14-15**).
- While not everything we face is good, God has promised to work *all* things (even the bad) for good in the lives of the believers who love Him! God can use our pain to make us better (**Romans 8:28; Job 23:10; I Peter 1:7**).

Is There an Answer for My Hurt?

- Everybody deals with pain and the results of living in a sinful world, but Jesus Christ wants to take your hurt and pain and give you abundant, joyful life (**Isaiah 61:3; John 10:10; Matthew 11:28-30; I Peter 5:7; Romans 14:17**).
- Jesus will never leave or forsake you (**Proverbs 18:24; Matthew 28:20; Hebrews 13:5**).
- God loves you in a greater way than anyone else ever could (**Jeremiah 31:3; Romans 5:6-8**).